



With Blue On Demand from Excellus BlueCross BlueShield, you get instant access to Step Up, our free fitness and nutrition program that makes healthy goals reachable. Manage your weight, develop healthier eating habits and track your progress online with ease.

Helping you live healthier. That's Blue On Demand. Experience it at go.excellusbcbs.com/mylife





## Soccer Town, USA your team...your turf

# TABLE OF CONTENTS

Photography By: 20 TOE PHOTO

Edited By: CHRIS PALIN CRAIG RYBCZYNSKI **BROOKE WHOWELL ALLYSON BARNHART** 

Printed By:



#### Cohber

Layout and Design By: PEDRO UGALDE **UGA** Enterprises www.ugaenterprises.com

Fan Guide

Rhinestones

2007 USL First Division Directory

Regular Season ALL-TIME LEADERS

Poster Chris Aloisi sponsored by Dodge

Poster Hamed Diallo sponsored by Foodlink



	h. 1	
Dhin as Chaff		0
Rhinos Staff Postor Agrap Lines are read by Evelly a		2
Poster Agran Lines sponsored by Excellus		
Poster Scott Palguta sponsored by Zweigle's Vallow ready for Battle		11
Poster Josh Bolton sponsored by PAETEC		14
A Steady hand and a True Shot		15
Poster Scott Vallow sponsored by Nothnagle		16
Laws of the Game		17
Rochester Raging Rhinos Glossary of Terms		20
About USL		21
2006 Season Reacap		24
Futbol in Honduras		28
Poster Kenney Bertz sponsored by Heineken		35
Poster Johnny Menyongar sponsored by Power Trip		41
Rhinos Bios		43
Rhinos Bios		44
Rhinos Bios		45
Poster Matthew Delicate sponsored by Salvatore's		47
Kevin Burns Celebrates Birthday Playing Galaxy		48
2006 Regular Season Statistics		50
Laurie Calloway Behind the Rhinos Bench		52
Rhinos Coaching Staff		53
Rhinos Bios		54
2007 First Division Schedule	1	56

56

57

62

69

74

75

79

# Rhinos Staff



Frank DuRoss President/Owner



Steve Donner Chief Executive Officer/Owner



Peter Bourne Owner



Chris Wilmot Owner



Craig Rybczynski Director of Communications



Ron Steinmiller Chief Financial Officer



Alan Dungey Director Facility Operations



Norman Maurer Director of Ticket Sales



Pedro Ugalde Graphic Designer & Video Production



Justin Swackhamer Public Relations & Publications



Warren Kosel Communications Coordinator



Michael Spellman Account Executive



Mike Zaroczγnski Controller 2 Rochester Rhinos



Mary McMurray Finance Manager



Frank Odoi Youth Community Outreach



Don Stevens Broadcaster

# Rhinos Staff



Chris Economides
Owner



Matthew Ford
Executive Vice President



Chris Palin VP of Sales and Sponsorship



John Catalano Director of TV & Video Production



Brooke Whowell
Director of Sponsorship Services



Brian Harrington
Director of Season Tickets



Jennifer DiGaetano Corporate Accounts



Allyson Barnhart Sponsorship Services Coordinator



Nick Brockway Account Executive

Soccer Sam Fantauzzo
TV Show Host



Ryan Corcoran Account Executive



Rex Mascot

Rochester Raging Rhinos 460 Oak Street Rochester New York 14608-1837 585.454-KICK (5425) Fax 585.454-7000 www.rhinossoccer.com

# GO RHINOS





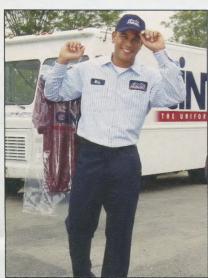
personalizing business communications www.paetec.com



## Cintas can provide highly specialized services for your company. See how Cintas can help:

- Enhance your image
- Keep your employees and customers safe
- Guarantee your company's compliance and security

## **Contact Cintas Today to Learn More** About Any One of Our Services



# **Uniform Rental &**

Uniforms present a polished, professional image that build your brand. See how Cintas can help:

- · Provide you work apparel for public contact or behind the scenes work
- · Provide a higher perception of your employees and business by your customers
- Keep your employees comfortable and productive, while looking their best



#### Sanis® Restroom Cleaning

It's amazing how the condition of your restroom can directly impact your company's bottom line. See how Cintas can help:

- · Leave your restrooms clean, smelling great, and ready to use
- · Save you time to concentrate on your business
- Ensure a pleasant experience for your customers and employees



#### **Mats & Mop Services**

Cintas offers an array of dust and rest room/hygiene services to enhance your company's image and to provide a healthy, safe work environment. See how Cintas can help:

- Control housekeeping costs
- · Remove soil and moisture
- · Reduce depreciation and promote a healthy work environment



#### **First Aid & Safety**

Keeping your employees healthy and safe is one of the best things you can do for them-and your business. See how Cintas can help:

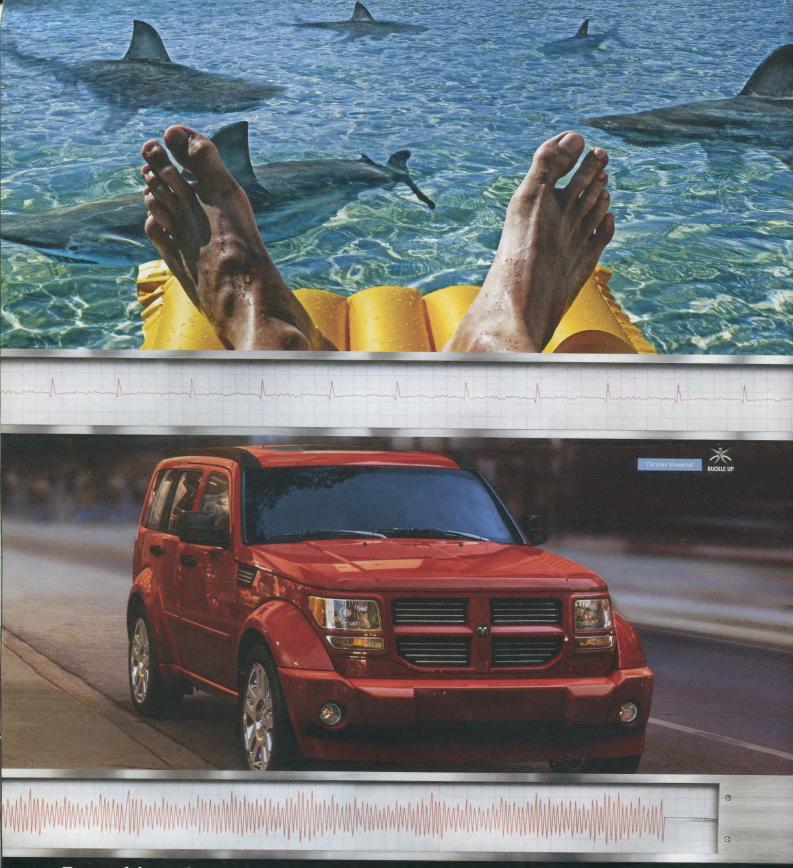
- · Keep your staff safe, productive and on the job
- · Ensure your first aid cabinets are properly stocked
- · Provide your staff with the proper safety training

333 West Main Street Rochester, N.Y. 14608



1-585-235-7650

www.cintas.com

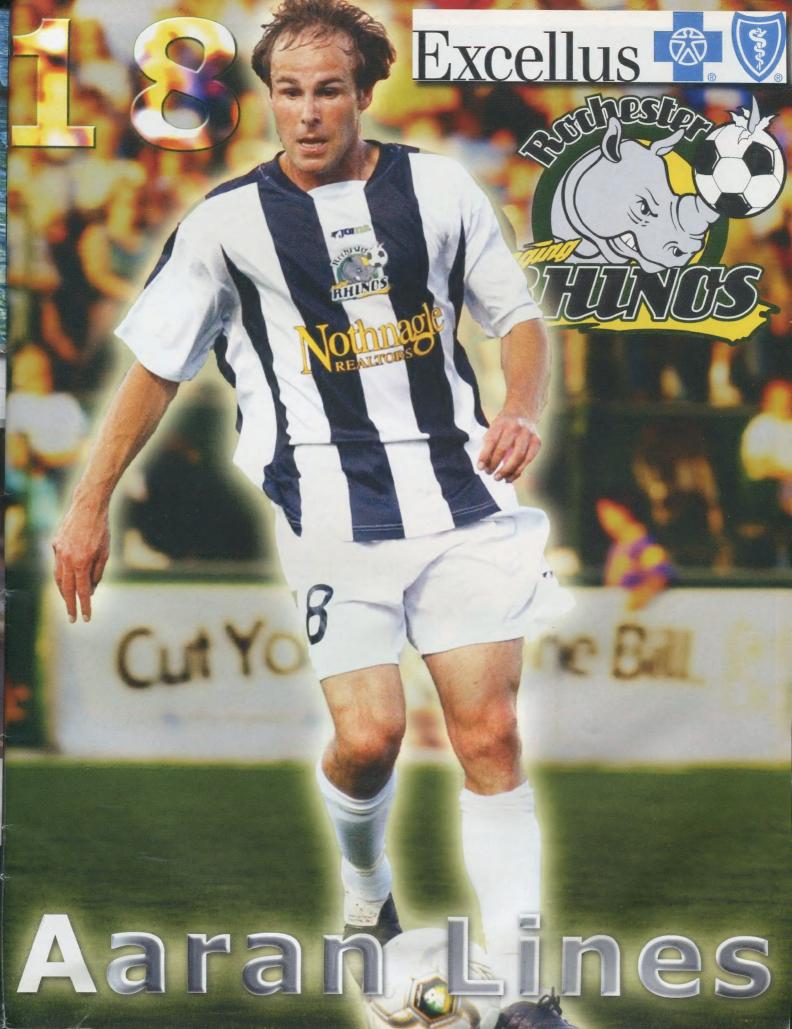


#### Everything else pales. The new Dodge Nitro. Loaded with adrenaline.

Available 20-inch chrome-clad wheels. LOAD 'N GO™ slide-out rear cargo floor holds up to 400 lb. Available MyGlG™ Multimedia Infotainment System with 20GB hard drive and USB port. Mr. Adrenaline Gland, consider this your wake-up call. Get it started at dodge.com/nitro

Starting at \$19,885. As shown, \$29,295. MSRPs exclude tax. Chrysler Financial is a business unit of DaimlerChrysler Financial Services. **GRAB LIFE BY THE HORNS** 





#### 120 senior teams. 4 senior leagues. 1 game.



# SOCCER LIVES HERE.



In addition to the teams shown above, there are over 700 of the best US and Canadian youth teams competing in the USL Super-20 League and USL Super Y-League. These six leagues combine to make USL the largest organization of elite soccer leagues in North America. Oh, and if you couldn't tell... SOCCER LIVES HERE

With all these teams, there is sure to be a team near you. Don't know which team is closest?

Log on to USLsoccer.com for a complete list of teams.



# Get the most intense coverage of the Rhinos on TWSN!

Introducing Time Warner SportsNet. It's Time Warner Cable's exclusive sports network that brings you all the best in local sports coverage at no additional cost.

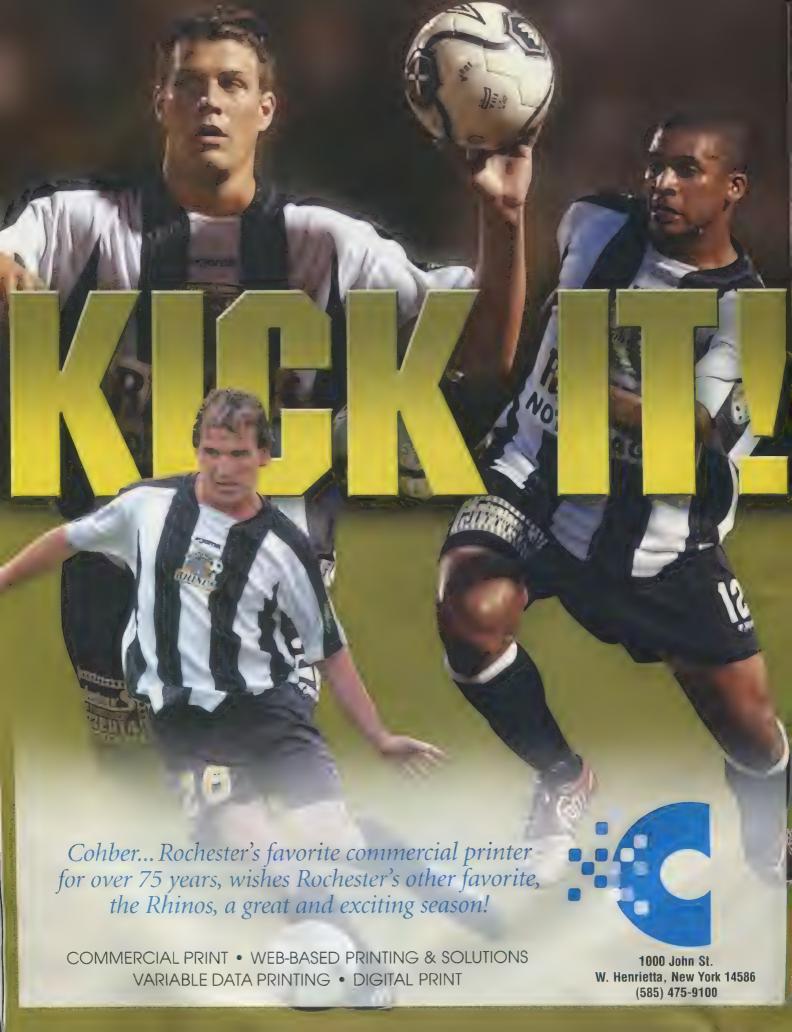
**TWSN Cable Channel 26** - offers you live sports programming from local teams like the Rhinos, Amerks, Red Wings, Rattlers, Syracuse Orange, RazorSharks and more. Only on Time Warner Cable.



**Rochester's Sports Network Only On** 









#### VALLOW READY FOR BATTLE

By: Justin Swackhamer

THUNOS.

After the Rhinos' disappointing loss in the championship game last season, no one on the Rochester squad was more ready for the start of the 2007 season than goalkeeper Scott Vallow.

"This is going to be a great season." said the veteran keeper. "It's an exciting time because it's a little bit of an unknown. We have a huge challenge in front of us, playing nine of our first II games on the road, and it's going to be a really good character test for us."

The Rhinos captain prepared well for that test all winter. He says that there are a few key goals that he sets for each offseason. One of those goals is staying in shape.

"The main goal in the offseason is to remain fit, so when you come into preseason camp, you haven't been sitting on the couch eating potato chips for five months," said Vallow who enters his sixth season with the Phinos in 2007. "It's a tough challenge, you want to take a break mentally."

"It was important for us to have a good break and not only heal our bodies, but also our minds, and refocus on the job we have going on here. The job is to come back and win one extra game this year."

The Rhinos began what they hope will be a run at the franchise's fourth championship in late March with a preseason tournament in Puerto Rico. The USL-MLS Challenge included MLS powerhouses the Los Angeles Galaxy and FC Dallas. The exhibition tourney was hosted by the USL First Division's Puerto Rico Islanders in Bayamon, Puerto Rico.

The Rhinos were defeated in their match against the Galaxy by a score of 3-2. Rochester led L.A. 2-0 at the half, but three second-half goals by the Galaxy upended their efforts.

Rochester went on to drop a 2-0 decision to Dallas two days later, despite generating several good scoring chances early in the match. Despite going 0-2 against MLS teams in the preseason, Vallow says that the matches were a good preseason measure for the Rhinos

"It was a good challenge for us," he said.
"Certainly, we want to win every game, but I think the important thing was to really assess our team against a quality opponent, so we could find out where we're strong and where

we're weak. You get a little bit of a better idea of these things when you play teams that are better than you. You're talking about MLS teams that were a couple weeks away from their season starting when we played them, and you're talking about a Rhinos team that was literally in their first day of training camp, so it was a huge challenge."

Teams located in warmer climates have the luxury of starting their preseason earlier than teams in the northern portion of the United States. Vallow says that Rochester's later starting date for preseason really has no effect on the team's ability to prepare for the regular season.

"We want to make sure that we play the longest, not necessarily start the earliest," he said.

The Rhinos played the longest last season but came up short in the USL First Division Championship Game, as the Vancouver Whitecaps defeated Rochester by a score of 3-0 at PAETEC Park. Vallow says that after the way that last season ended, the Rhinos owe some payback to the 'Caps this season.

"Vancouver is going to be in the top three at the end of the season," Vallow said. "We get to play them early, which is little bit better for us. We'll catch them off guard before they get their game going too strong.

"We were pretty well embarrassed last year and that's certainly something that we don't care to feel again. We kind of feel that we owe them something to make things right."

The Rhinos' time to make things right will come soon enough, as they will look to once again reach the championship as they did one season ago. This year, the returning players will have one more season of experience and an added hunger after falling just short of a league title in 2006.

When he is not trying to win championships over the summer, Vallow is running his Train Like a Champion Goalkeepers & Strikers camp, which he conducts with fellow Rhino Matthew Delicâte over the offseason. In addition to his camps and academy, he gives private one-on-one lessons three times a week.

The only thing soccer takes a backseat to for the popular Rhino, is his family. Vallow and his wife, Lindsay, have a one-year-old son, Brayden, who continues to amaze his mother and father each day.

"He gives me a good break. You don't really think about soccer or whatever else is going on when you're dealing with a one year old."

His wife and son are his family through love. marriage and birth, but Vallow has another family that is also very special to him. the Rhinos fans.

"The fans are the heart of this organization. Without the dedicated fans that this Rochester club has, this club couldn't function. This club wouldn't have a brand new stadium and a competitive team year in and year out if it weren't for the fans. I think the one thing that has been a constant throughout my career as a Rhino is the quality of support that we have always gotten from the fans."

"I wouldn't choose a different coach to go into oattle with, and I wouldn't choose a different team to go into battle with. It's a good group of guys that we have this season, and I'm looking forward to attempting to bring a championship to Rochester this year."

Rhinos fans, the battle has begun.



12 Rochester Rhinos

# **Brewing a Tradition**

#### JW DUNDEE'S ALES & LAGERS

are proudly crafted in Rochester, New York with the same tradition and spirit that made Upstate New York a vibrant hub of agricultural commerce in the bountiful 19th century.



ther

ster

nto

Rochester is steeped in a rich brewing history with legendary names like Bartholomay, Cataract and Genesee. This proud heritage

springs from an era when horse-drawn packet boats brought prosperity from New York City to Buffalo and beyond by way of the Erie Canal. It was a time when the mighty Genesee River was harnessed to power the barley and wheat grist mills that famously made Rochester "The Flour City".

Today, the exceptional family of JW Dundee's Ales & Lagers are caringly crafted on the very site that so many fine ales and lagers have been brewed for over 125 years.

The JW Dundee family began with Honey Brown Lager, introduced at the height of the craft brewing resurgence of the early 1990's by then brewery head Jack "JW" Wehle. A full bodied lager brewed with natural honey from Wixon's Farm in Dundee, New York, Honey Brown was an overwhelming success that defied definition as a style.

The JW Dundee family of ales and lagers has grown under the skillful guidance of Brewmaster Dave Schlosser and his team of dedicated brewers. To enjoy a masterfully crafted Dundee's American Pale Ale, American Amber Lager or outstanding seasonal selection is to experience the rich craft brewing heritage of New York State.



PALE ALE Nicely balanced with
Cascade, Tomahawk and Amarillo hops,
creating a citrusy aroma with a smooth,
crisp finish. A subdued malt character
compliments the hop complexity and
provides a beautifully orange amber hue.
ABV: 5.3%
IBU: 35

AMBER LAGER Masterfully balanced with unparalleled complexity. The world's finest crystal malts give its amber color and malty aroma. Cascade, Simcoe and Magnum hops bring a crisp, clean finish.

ABV: 4.9%

IBU: 23

Honey Brown Lager Deep golden brown and smooth with a full bodied flavor from just a hint of honey. Gold Medal Winner of the 2004 World Beer Cup\*.

ABV: 4.5% IBU: 1

\* Special Honey Lager/Ale Category

#### SEASONAL SELECTIONS

Available throughout the year in JW Dundee's Craft Packs, Brewer's Selection Cases, 6 packs and on draft at select finer beer bars and restaurants.

Deep golden color, malty, sweet aroma and clean finish from Magnum and Czech Saaz hops. Gold Medal Winner at the 2006 World Beer Cup.\* Available February through April.

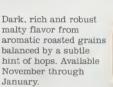
ABV: 6.2% IBU: 25

Unfiltered and pale straw in color with a light cloudiness from carefully selected wheat and yeast. Pleasant spicy malt aroma and crisp hop finish. Available May through July.

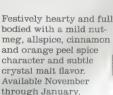
ABY: 4.2% IBU: 20



Aggressively hopped with Amarillo and Simcoe varieties and balanced with a blend of Crystal malts that provide a distinctive spicy aroma and crisp finish. Available August through October. ABV: 6.3% IBU: 55



ARV: 65% IRU: 30



BV: 6.2% IBU: 30



SOUREDIE

\* German Style Heller-Bock/Maibock Category

# JW DUNDEE'S. ALES&LAGERS



8 2007 JW DUNDEE'S ALES & LAGERS ROCHESTER, NEW YORK W

WWW. JWDUNDEES.COM

7) (9) MPAETEC

Magning To 15 Vica Co

William Vers

Josh Bolton

#### A STEADY HAND AND A TRUE SHOT

By: Justin Swackhamer



As a defender, the Rhinos' Kenney Bertz does not get the opportunity to take many shots on net. He had 11 during the entire 2006 season and took just five cracks at the goal in his senior year at Maryland University in 2005. Although he may not get the chance to deliver many balls toward the net during the season, he takes the opportunity to shoot a good deal throughout the offseason. His shots are not taken with soccer balls, however, and they are not propelled with his feet. Bertz spends his offseason hunting deer and elk.

The Rhinos central d-man has been hunting now for nearly 10 years, but he never has had to worry about going out into the fields alone. Hunting for the Bertzs is a family affair. It always has been.

"I thought it would be something great to do with the boys," said Ken Bertz, Kenney's father. "In all actuality, I had no experience prior to our first outing."

Ken, who grew up in southern Cal explained that he had never even considered hunting while growing up, because the area is not very conducive for it.

"I thought it would be something the boys would enjoy," said Ken, who now lives near Cincinnati with Kenney's mother, Karen. "So we signed up, my oldest three sons and myself, to do hunter's safety together. The youngest one took it later with his mom and we just got started and just did it by trial and error."

Shortly after completing their hunter's safety course, the "Bertz band of hunters" took to the Arizona desert for their first hunting experience. (Kenney grew up just north of Phoenix Arizona before the family finally moved to Cincinnati.) On their first hunting

expedition, the novice hunting party scoured the arid wilderness for havalina, a small boar-like animal of the rodent family. Ken explained that they unfortunately did not see any havalina on their first trip, but somewhat ironically, they did see two whitetail deer.

"We had just gotten through hunter's safety," said Ken. "So we went out to this area. We had no idea where we were. When we went to havalina hunt, we saw two whitetail deer, but no havalina. The second time we went out, we went deer hunting up in the high mountains and saw havalina but no deer. So it was like, alright, this is going to be the kind of luck we're going to have at this."

Their luck quickly changed, however. On their next outing, the family trekked into the Arizona mountains looking for elk. Unlike their previous two expeditions, this time the Bertzs found what they were looking for. After Kenney's father shot and missed one elk, Kenney got his chance to put his 30 aught six rifle to use.

"My dad had missed one and I think it might have scared this one up toward me," said the Rhinos second-year man. "It ended up walking up right behind some trees and bushes 20 yards away from me. It's an absolute adrenalin rush when you're in that situation. Your heart's just racing to the point that you have to calm yourself down. My legs were shaking."

Kenney took a deep breath, locked his sights and fired.

"It was an exciting experience," said the Rhinos' 2006 rookie of the year. "I ended up getting an elk the first time that my dad and brothers, and I went out big-game hunting."

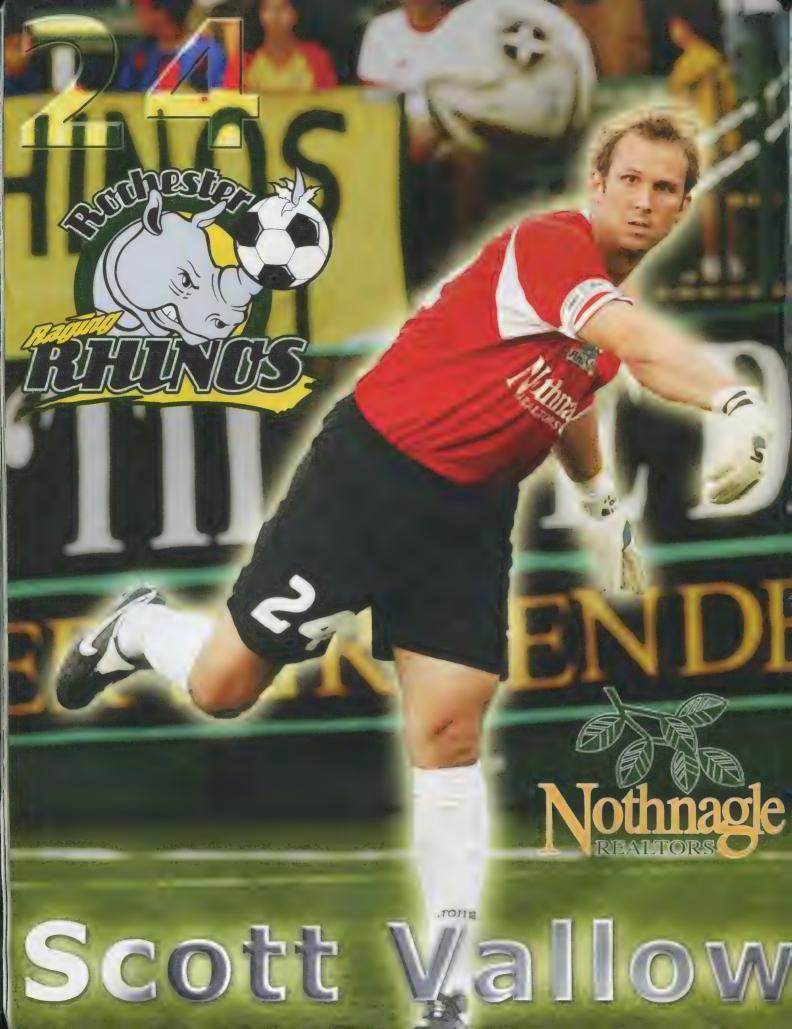
Kenney's father shared his son's excitement almost too much.

He drew first blood," said ken of his son's first big game hunting success. "I was so excited for him that when I high-fived him, he complained for quite a while after, because I almost hurt his hand. There was no real damage. He told me about it later. He said, 'Dad, remember when you high-fived me? That really hurt.' I was cranked up for him. It was pretty exciting."

It is fortunate that Kenney's hand was not hurt too badly. Somewhat ironically, Bertz's hands are one of his biggest assets in a game where their use is generally not allowed. Bertz, however, has established himself as the Rhinos primary throw-in specialist. Because of the lengthy range of his tosses, the 24 year-old defender has been used regularly for the team's throw-ins.



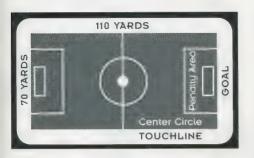
Continue pg 46



#### Laws of the Game



LAW 1: FIELD of PLAY



LAW 2: BALL. The ball is made of leather or other safe, approved material: 27 to 28 inches in circumference. 14 to 16 inches, inflated to a pressure of 9.0 to 10.5 psi.

LAW 3: NUMBER of PLAYERS A maximum of 11 players on the field for each team. One of whom must be designated as a goalkeeper. Up to four substitutes may be used by each team.

LAW 4: PLAYERS EQUIPMENT Jersey, shorts, stockings, shinguards and shoes. The goalkeeper's jersey color must distinguish him from other players and the referee. A player may not wear anything dangerous to another player.

LAW 5: REFEREE One referee is appointed for each match. He is responsible for enforcement of the laws; serving as timekeeper; disciplining players; stopping the match if, in his opinion, a player has been seriously hurt; preventing persons other than the players and linesmen from entering the field without his permission. All decisions by the referee are final.

LAW 6: LINESMEN Two linesmen are appointed to assist the referee in controlling the match by indicating offsides when a ball has crossed a touchline and which team should put it into play with a throw-in; when a ball has crossed a goal line and whether it should be put back into play with a goal kick or corner kick; when an infraction has been committed; and whether a goal has been scored fairly.

LAW 7: DURATION of the GAME Two equal periods of 45 minutes. The referee may extend the time for long or unusual delays, such as injury or timewasting by a team. (Note: A-League rules call for a sudden-death overtime period when a match is tied after 105 minutes of regulation play.)

LAW 8: START of PLAY The team that wins the coin flip can either choose which end of the field it wishes to defend or take the kickoff. Each team must remain on its own half of the field and the defending players must be a minimum of ten yards away from the ball until it is kicked forward and rolled its

full circumference. A goal cannot be scored directly from the kickoff. After a goal, the team scored upon kicks off. After halftime the kickoff is taken by the team that did not kick off to start the game. Drop ball; When the referee stops play for a reason other than a rule infraction or a delay such as a player injury, he restarts play by dropping the ball where the ball was when the play was stopped. A drop ball is not in play until it hits the ground.

LAW 9: BALL IN and OUT of PLAY The ball is out of play when (A) it has completely crossed the goal-line or touchline, whether on the ground or in the air, or (B) the game has been stopped by the referee. The ball is in play at all times from the beginning to the end of a half, including when it remains on the field after striking the referee, linesmen, goal post, crossbar, or corner flag; and after an assumed infringement of the laws, until the referee stops play.

LAW 10: METHOD of SCORING A goal is scored when the whole ball has passed over the goal line, between the goal posts and under the crossbar while it is legally in play.

LAW 11: OFFSIDE A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless (A) he is in his own half of the field of play, or (B) there are at least two of his opponents as close or closer to their own goal.

A player is penalized for being in an offside position only if, at the moment the ball touches or is played by a teammate, he is (in the opinion of the referee) (A) interfering with play with an opponent, or (B) seeking to gain an advantage by being in that position. A player is not declared offside by the referee (A) merely because of his being in an offside position, or (B) if he receives the ball directly from a goal kick, corner kick, or throw-in, or when it has been dropped by the referee.

LAW 12: FOULS and MISCONDUCT A team whose player intentionally attempts or actually kicks, trips, jumps at, charges violently, charges from behind, strikes or spits at, holds or pushes an opponent, or handles the ball is penalized by a direct kick. Any one of these nine offenses committed in the penalty area by a defender results in the awarding of a penalty kick to the attacking team. A team whose player commits less flagrant fouls such as offsides, dangerous play or obstruction is penalized by an indirect free kick. The referee

penalized by an indirect free kick. The referee may caution a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission; the offender is shown a yellow card. The referee also may send off (eject) a player (or others) for foul or abusive language, or persistent misconduct after receiving a caution. The player sent off the field may not be replaced.

LAW 13: FREE KICK A direct free kick from which a goal can be scored directly against the offending team; an indirect free kick from which a goal cannot be scored unless the ball has been touched by another player before entering the goal. In both cases, the offending team's player must be at least ten yards from the ball until the ball has been touched, and the ball must be still. (Note: A-League rules call for defenders to stand at least fifteen yards from the ball on all free kicks.)

LAW 14: PENALTY KICK A direct free kick from the penalty spot. All players except the player taking the kick and the opposing player taking the kick and the opposing goalkeeper must remain outside the penalty area until the ball is kicked. The defending goalkeeper may move laterally along the goal line prior to the striking of the ball, but he may not move forward until the ball is struck by the shooter.

LAW 15: THROW-IN The method for putting the ball back into play after it has wholly passed over the touchline. A player from the team that did not touch the ball last takes the throw-in from the point on the touchline where the ball exited the field; he throws by using both hands to deliver the ball from behind and over his head; a part of each foot is either on the touchline or on the ground outside the touchline. An indirect free kick will be awarded if a goalkeeper picks up the ball with his hands after receiving a throw-in from a teammate.

LAW 16: GOAL KICK The method for putting the ball back into play after it has wholly crossed the goal line after being touched by a player from the attacking team. A player from the team that was defending kicks the ball from his own goal area.

LAW 17: CORNER KICK The method for putting the ball back into play after it has wholly crossed the goal line after being last touched by a player from the defending team. A player from the attacking team kicks the ball from the corner nearest to where the ball exited the field.



Health, Wellness & Fitness Centers

# 2 Weeks FREE Membership for 2 At Rochester's Newest & Most Upscale Fitness Facility

#### P.H.A. Offers

#### RESISTANCE TRAINING FLOOR

- Paramount Quantum Troy Strive York Everlast
   Hammerstrength Life Fitness Free Weights

#### CARDIOVASCULAR

- Precor EFX Cross Trainers
   Life Fitness Cross Trainers
   Life Fitness Treadmills
   Stairmaster Stair Climbers
- Stair Master Step Mills Versa Versa Climber
   Concept II Rowers•Everlast TKO Bollinger
- Life Fitness Recumbent/Upright Bikes NuStep
- · Star Trac · Reebok

#### P.H.A. CAFE/JUICE BAR

- Flavored Coffee Gourmet Blends Dark Blends
   Decaffeinated Blends Cocoa Protein Drinks
   Gourmet Teas Meal Replacement Drinks
   Sports Replacement Drinks

- Sports Replacement Drinks
   Fresh Spring Water

AEROBICS/GROUP INSTRUCTION & INDOOR CYCLING STUDIOS Class Available in: Indoor Cycling + Boxercise

- Martial Arts/Self Defense
   Step Aerobics
   Yoga
   Treading
   Jump-N-Pump
   Ti Eddie
   Kickboxing
   Pilates
   Yogalates
- Swedish Exercise

#### PROFESSIONAL PERSONAL TRAINING & EXERCISE/FITNESS

TPHA is the largest and most successful Professional Personal Training and Exercise/Fitness TherapySM Corporation in the United

#### P.H.A. WEIGHT MANAGEMENT CLINIC

\*\*Registered Dietician on Staff

#### P.H.A. FITNESS PRO SHOP • OXYGEN BAR • AQUA MASSAGE THERAPY

Work out Accessories
 Optimum Recovery
 Relaxation

OTHER UPSCALE SERVICES AND AMENITIES

• Sauna & Steam Rooms • Towel Service • Lounges • Paging Services

• Courtesy Phones Child Care • Soaps• Shampoos • Deodorants •

# The Personal Health Approach

The Professional Health Approach™ "certified" Professional Personal Trainers & Exercise/Fitness Therapists<sup>SM</sup> design specific programs according to each person's individual needs & goals.

#### **Health & Fitness Exercise Programs:**

- Strength & Endurance Training for General Conditioning
- Work & Sport Related Injury Prevention
- In-House/Office Professional Personal Training & Exercise Therapy<sup>SM</sup>
- · Flexibility & Assisted Stretching
- · Cardiovascular Training & Conditioning
- Curporate Health/Fitness & Wellness (work hardening programs)
- Strength & Endurance Training for Specific Sports and Job Descriptions
- Nutrition Analysis & Weight Management
- Senior Citizens/Management Retirement & Lifestyle Changes
- Young Adults & Exercise (ages 5-16)
- Bodybuilding/Powerlifting (beginner/professional)
- · Boxercise/Kickboxing
- Exercise for the Visually Impaired
- Exercise & Pre-/Post-Natal Care
- · Exercise & Menopause

#### Exercise/Fitness Therapy<sup>SM</sup> Injury **Prevention & Rehabilitation Programs**

Anger Management • Anxiety & Depression • Arthritis Asthma • Back Injuries • Bone, Muscle & Soft Tissue Injuries • Breast Cancer • Bursitis • Cancer, Chemotherapy & radiation • Cardiac • Carpal Tunnel • Chronic Fatigue Syndrome • Chronic Obstructive Pulmonary Disease (C.O.P.D.) • Circulation Disorders • Crohns Disease • Dementia • Diabetes • Debilitated Persons • Fibromyalgia • High Blood Pressure • High Cholesterol • Lifestyle Management • Multiple Sclerosis • Muscular Dystrophy • Nerve Compression Damage & Lose of Feeling • Nicotine Abuse • Osteoporosis • Pain Management • Parkinson's Disease • Pre-Surgery Conditioning • Post-Surgery Conditioning • Polymialgia Rheumatica • Scoliosis • Sleeping Disorders • Spondyliosis • Stress Management • Stroke • Substance Abuse • Tendinitis Total Knee, Hip, Shoulder & Elbow Replacement

For More Information Call: 232-8888

3450 Winton Place Rochester, New York

Current and former members are not eligible for this offer and may not be combined with any other offer.



# FOR KIDS 3-42 YEARS OLD

MIDS GLUB MEMBERS REGEMES

·An official membership card on a lanyard to wear around your neck ·Free ticket to the Rex's Birthday party, game date Aug. 10

•Rhinos folder

·Birthday card from Rex

•Rhinos pencil

Plus a chance to win prizes every game by spinning the prize wheel ·Chance to win kids club member of the night at each game

Price is \$10.00

Sign up today by stopping by the kid's Club area located near the scoreboard end of the stadium or call us at 454-KICK

## Planning a birthday bash?

Come celebrate your birthday with the Rochester Rhinos! Perfect for kids. Birthday packages are based on a minimum of 10 people that may include kids and adults.

#### CALL 454-KICK TO BOOK YOUR CHILD'S MEMORABLE BIRTHDAY EXPERIENCE

#### Birthday package

- •10 game tickets
- •10 12hino meal deals (kids hot dog, popcorn, and drink box)
- of Rhinos program for the birthday boy/girl
- \*Special visit from Rex the Rhino
- ·Rhinos' birthday card
- ·Your picture on the video scoreboard
- •10% off store coupons for everyone

Section	Club	Premium	Upper Sideline	Corner	Bleacher
Price (includes 10 tickets)	\$270	\$200	\$170	\$170	\$120
Additional tickets with Food	\$27	\$20	\$17	\$17	\$12
Additional tickets without food	\$22	\$15	\$12	\$12	\$7



## Rochester Raging Rhinos Glossary of Terms



Applied by the referee when, in his opinion, calling a foul would give an advantage to the offending team. No foul is called and the referee signals "play on."

#### Roots

Another name for soccer cleats.

#### Center (Cross)

When the ball is passed from a wide area of the field to the penalty area.

#### Chip

A high pass that is lifted over the heads of an opponent.

#### Clear

Kicking the ball by a player in an attempt to get the ball out of their own penalty area.

#### Corner Kick

A direct kick taken by an attacking team from the corner of an opponents field. A corner kick is awarded when a defending team advances the ball past its own endline (not including a goal).

#### Defender

Player who ordinarily is positioned near his own goal behind the midfielders and forwards and whose primary responsibility is the prevention of the opponent from scoring. Also called a "fullback."

#### Direct Free Kick

Usually awarded after a foul, the ball is placed in a stationary position and may be kicked directly into the opponents goal without first being touched by another attacker. Corner kicks and penalty kicks are also direct free kicks.

#### Dribble

A way of advancing the ball by using the feet, keeping the ball close to the players body, allowing a player to change speed and direction easily.

#### Drop Ball

Ball dropped by the referee between two opposing players to restart a game after a play has been stopped for a no-penalty situation.

#### Goat Kick

Indirect free kick taken by a defending player from the defending team's goal area. A goal kick is awarded when a ball was last touched by the attacking team before going over the defending team's goal line (but not into the goal).

#### Half-Volley

When the ball is kicke I after it bounces off of the ground.

#### Hand Bal

A ball touched illegally by a player's hand or arm.

#### Heading

Use of the head to shoot, pass, clear or control the ball.

#### Indirect Free Kick

Awarded to a team after a minor infraction, the ball is placed in a stationary position and may not be kicked directly into the opponent's goal without first being touched by another attacker

#### Kickoff

A ball placed in the center spot at midfield and kicked forward by an attacking player, used to start the game at the beginning of each half and after a goal has been scored. A goal cannot be scored directly off the kickoff.

#### Linesman

Two officials, each equipped with a flag, who assist the referee from the touchlines by signaling offsides when a ball has gone out of bounds and when a foul has been committed. The referee may choose not to act on a lineman's call.

#### Mark

The act of guarding an attacking player.

#### Midfielder

Player who ordinarily is positioned in front of the defenders and behind the forwards, whose primary responsibility is to create a link between the defenders and forwards. Also called a "halfback."

#### Obstruction

Action of a player who impedes an opponent by standing in or moving into his path without attempting to play the ball.

#### Offsides

Position of an attacking player if he is between his opponent's goal line and the ball when the ball is played unless he is on his own half of the field or two opponents are no farther from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a corner kick, goal kick, throw-in, or drop ball situation.

#### Overlap

An attacking run by a defender that carries him past his own midfielders.

#### Penalty Kicl

Direct free kick from the penalty spot after a major foul has been committed by the defending team in its own penalty area. The opposing goalkeeper must remain stationary on his goal line between the goal posts and other players must be outside the penalty area; the ball is kicked by an attacking player.

#### Pitch

Another name for the playing field.

#### Professional Foul

A foul, usually hard and from behind, in which a defender intentionally takes down a forward to disrupt a clear scoring opportunity, usually a breakaway. The "professional foul" usually results in a yellow or red card.

#### Red Card (Ejection)

A disciplinary action taken by the referee against a player for vielent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow card). The offender is shown a red card and sent off the field. He may not be replaced by another player.

#### Refere

The official in charge of the match. Primary responsibilities include protecting the players and keeping the official time.

#### Save

A ball caught, deflected or otherwise prevented by the goalkeeper from going into the goal.

#### Shield

A dribbler who prevents an opponent from taking the ball by keeping himself between an opponent and the ball.

#### Shoot-Ou

The tie-breaking procedure after regulation time. In a shootout, each team has five opportunities to score a goal in a one-on-one situation with the opposing goalkeeper. Each one-on-one situation begins with the goalkeeper in goal and the offensive player 35 yards away from the goal line. The player has five seconds to dribble the ball and shoot on goal.

#### Stoppe

A central defender whose primary responsibility is to mark the opposing center forward or striker.

#### Sweepe

A defender who is free to roam in front of and/or behind his teams defensive line.

#### Tackle

An attempt to dispossess an attacker of the ball. A common tackle is the slide tackle, which involves a sliding attempt to kick the ball away.

#### Through Pass

Pass that travels toward the goal between two or more defenders to a teammate, putting him in a position to shoot.

#### Throw-In

A throw executed by an attacking player from outside the touchline. A throw-in is awarded against a team that last touched the ball before it crossed the touchline. The player taking the throw-in must throw the ball onto the field over his head using both hands; he must also keep both feet on the ground either outside or on the touchline.

#### Trap

The use of the foot, thigh, chest, etc.. by a player to bring a ball under control.

#### Volley

Kick taken before a ball bounces on the ground.

#### Wall

A line of three or more players positioned at least ten yards from the ball; used to help defend against a free kick.

#### Winge

An outside forward. Outside defenders are sometimes called "wingbacks."

#### Yellow Card (Caution)

A disciplinary action taken by a referee against a player for the persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission. The offender is shown a yellow card, a second offense brings a red card and the player is ejected from the match.

### About USL



#### UNITED SOCCER LEAGUES

As United Soccer Leagues starts its third decade of operation, soccer at all levels continues to grow in the U.S., Canada, and Caribbean. The largest organization of elite-level soccer leagues in North America, United Soccer Leagues is dedicated to growing the sport at the grassroots level in every community. The USL First Division and Second Division (North American men's professional soccer), the USL Premier Development League (U23 North American men's amateur), the USL W-League (North American women's amateur), the USL Super-20 League (U20 North American men's and women's amateur) and the USL Super Y-League (North American boy's and girl's elite youth amateur) have provided a platform for thousands of players to reach their dreams since 1986. This vision and commitment to develop a soccer nation by fans, investors, administrators, coaches, and players has created the foundation for the growth of the sport, while presenting affordable, exciting family entertainment in over 100 cities and towns on the continent.

#### **USL FIRST DIVISION**

Exceptional competitive soccer lives in the USL First Division, USL's highest level of professional soccer in the US, Canada, and the Caribbean. The 2007 campaign features a 13-team format playing 28 regular season matches, 14 home and 14 away. The USL First Division schedule is augmented by participation in the Lamar Hunt U.S. Open Cup, and various exhibitions. The development of stadiums and world-class players from over 35 countries provides affordable family entertainment for over one million fans each year.

#### **USL SECOND DIVISION**

One level below the USL First Division lives in the USL Second Division, the foundation of professional soccer in the United States. The 2007 campaign features a 10-team format playing a regional schedule consisting of 20 regular season matches, 10 home and 10 away. The USL Second Division schedule is augmented by participation in the Lamar Hunt U.S. Open Cup, and various exhibitions. The league is the birthplace of professional players that aspire to reach the highest-levels of the game, while providing affordable family entertainment within their city.

#### USL PREMIER DEVELOPMENT LEAGUE

The top U23 men's amateur league in North America lives in the USL Premier Development League (PDL), the development ground for elite players. The 2007 campaign features a 63-team format within four conferences, consisting of 16 regular season matches, 8 home and 8 away. The schedule is augmented by participation in the Lamar Hunt U.S. Open Cup, and various exhibitions. Players have the ability to compete in the PDL throughout the summer months in a professionalized setting while maintaining their

collegiate eligibility. The league is the proving ground for players that aspire to reach the highest-levels of the game, while providing affordable family entertainment within their city.

#### USL W-LEAGUE

Exceptional competitive women's soccer lives in the USL W-League, USL's highest level of women's soccer in the US and Canada. The 2007 campaign features a 35-team format in four conferences playing 12 or 14 regular season matches. The top women's players throughout the world compete in the USL W-League through the summer months. In addition to the league featuring international and former professional stars, elite collegiate players have the opportunity to also compete in the league while maintaining their collegiate eligibility. The league is recognized throughout the world for providing elite competition for women's players, while providing affordable family entertainment to many fans in each of the team locations.

#### USL SUPER-20 LEAGUE

The only U20 men's and women's North American amateur league lives in the USL Super-20 League. Created in 2006, the league provides the opportunity for the top 17-20 year olds to compete in high-level competition, as well as affords the opportunity to establish a reserve team system for the Premier Development League and W-League teams. The 2006 campaign features teams competing in four conferences, consisting of 10-14 regular season matches throughout the summer months.

#### **USL SUPER Y-LEAGUE**

The future of soccer lives in the USL Super Y-League, a professionalized system that is the first step for developing elite youth soccer players in North America. Affiliated with US Soccer and partnered with US Club Soccer, the league is designed for talented youth players destined for professional or international careers. The league contains the youth academies of USL First Division, USL Second Division, Premier Development League, W-League, and Major League Soccer clubs, as well as many of the established premier youth clubs. Through Olympic Development Program status events such as the North American Finals and National ODP Camps, the nation's top players are identified for selection to US National Team Programs. The 2006 campaign features over 800 teams within the UTB UT7 boys and girls age groups competing within 10 geographic divisions of the U.S. and Canada.

As we enter our second season in PAETEC Park we can reflect on a very exciting Rhinos season that ended just short of a championship, a Women's Rhinos season to build on, and a Rattlers season that brought a true home to our outdoor lacrosse team! Off the field, our dream of providing a true community facility was reached with over twenty-four Section V events taking place in 2006. As we move forward into the 2007 season. please make it a point to support these sponsors that have helped build PAETEC Park into the premier community facility we all dreamed it would

Sincerely.

Chris Palin, VP of Sales

Affordable Graphics Anheuser-Busch Antinora Insurance

**Auction Direct** 

**Best Volvo** 

Blanchard Florist Blueberry Hill

**Bodine Unlimited Tours.com** 

Bonn, Shortsleeve & Ray Camp Good Days

Cintas Cohber

Connolly Printing Connors and Ferris Decarolis Truck Rental Democrat and Chronicle

DiLorenzo Electronics DiPaolo Bakery

Distillery/Pellegrino's

Dodae

Eber Brothers Excellus BC/BS

Farash Foodlink Freetime

Geva Theatre

Glaceau

Harro East Athletic Club Health Source Chiropractic Heberle Disposal Service

Heineken USA High Falls Brew Integrated Wellness

Jand K Café Jersey Connection Kick in the Grass

Labatt

Molve

Monroe Ambulance

New York West

Nextel

Nothnagle Realtors

PAETEC

Perry's Ice Cream

Personal Health Approach

Pettis Pools **Phoenix Graphics** 

Power Trip

RIT Inn & Conference Center

S & S Limousine Salvatore's Pizza Soccer Shack, Inc.

Supercuts

Sylvan Learning Center

Taco Bell

Time Warner Cable **Total Sports Experience** 

Trident

USA Payroll Wendy's

World Gym WYSL

Zweigle's



5/17: TWINS @ CLEV. INDIANS, \$120 or 8/11 YANKS @ CLEV. \$140

5/26: NYC EXPLORING-SHOPPING - (6/16, 7/3, 7/7, 7/21, 8/4, 8/18, 9/1, 9/22 too) dep. 3am

stay until 10pm, \$100+ Theater On Broadway, Pick the Day You Want, Add The Seat Cost For 2pm Mats. 5/28-29: NY YANKEES @ TORONTO, hotel, 2 games (Great seats sect. 127), 2 meals, \$280+

6/9: BELMONT STAKES TRIPLE CROWN Bus, program & set, dep. 3AM, return 6AM Sun. \$200+ 7/1: WE WILL ROCK YOU Opera-Toronto, duty free, brunch, \$180+ BUFFALO

7/6-8: LA ANGELS @ NY YANKEES Hotel, tix, city tour and motorcoach. Dep. 7AM \$580-7/20-22; TAMPA BAY DEVIL RAYS @ YANKEES, 3 games, bus, city tour, hotel, \$520

7/24-25: MINN. TWINS @ TORONTO, 2 games - tix in 127, hotel, 2 meals \$280+ 7/28-29: COOPERSTOWN-CAL INDUCTION, Yankee Stadium Tour & way more! \$250+

8/4-5: NASCAR POCONO 500 & KC @ YANKEE STADIUM COMBO! Bus, hotel & tix, \$400+

9/14-16: NYC END OF SUMMER FLING - FEAST OF SAN GENNARO bus, 2 nights suite hotel on 34th in Manhattan, dep. 6AM \$560+ (Departs from Pittsford & Syracuse) 9/16: BUFFALO @ PITTSBURGH HEINZ FIELD dep. 5AM, ride, free time & tix \$450+

11/17: NYC HOLIDAY SHOPPING 11/24, 12/1, 12/8 dep. 2AM, Pittsford, 3AM Syracuse, in NYC 'til 8:30PM \$100+ 1/21-23: GREEN BAY PACKERS @ DETROIT FORD FIELD Annual Thanksgiving trip, walk to Windsor Casino, 2 nights hotel, tix, transportation, gameday mini tailgate party, Annual Thanksgiving Day Parade downtown, dep 12AM Pittsford, return Fri. evening \$520

11/24: NYC YANKEE STADIUM HOLIDAY SHOPPING Day trip guided tour with Yankess Superfan Chris Vastola. Tour the stadium before it closes, see the final offseason work performed. Shop on River St. This is an inside tour. Subway rides and Stadium admission included. dep. 2AM, in NYC 'til 8:30PM \$130+

12/1-2: BUFFALO @ WASHINGTON REDSKINS, 1 night hotel, DC, free time \$440+ 12/14-16: NYC X-MAS RADIO CITY bus, hotel in Midtown Manhattan or NJ, just outside the box! City tour on Sun. shuttles during the weekend, Radio City always sells out, so book early. Be a part of this American tradition and enjoy such show-stopping scenes as the "Parade of Wooden Soldiers" and the majestic "Living Nativity

dep 7AM, Pittsford, leave Midtown 5PM \$490. NJ hotel; \$750 NYC hotel+ 12/15: NYC RADIO CITY DAY TRIP bus, shuttles during the day, Radio City always sells out, so book early, Radio City Christmas Spectacular First Mezz. Seating is at 4:30PM. dep. 2AM, Pittsford, \$230+

12/16: BUFFALO @ CLEVELAND BROWNS dep. 5AM, ride upper level tix between 15yd lines, mini tailgate hosted by Chris Vastola, sightseeing in Flats \$320-



OFFICIAL BODINE TAILGATE SUPPLIER

SABRES STANLEY CUP

PLAYOFFS



#### BUFFALO 2007 HOME GAMES, w/ Bodine Tailgate \$150-\$280

50 Yd line Seating Is Limited! Packages Are Going Fast, Hurry! Book now to secure sect. 114, 333/334 Bodine Season Tix. Dep. Preseason Special 8/17 ATLANTA or 8/24 TITANS \$100 9/9 DENVER 9/30 JETS 10/8 DALLAS 10/21 RAVENS 11/4 BENGALS 11/18 PATRIOTS 12/9 MIAMI 12/23 GIANTS 10/21 RAVENS 12/9 MIAMI

#### NY YANKEE HOME GAMES, Tier Reserved Tix, Dep. 3AM, \$140-\$240++

5/5 SEATTLE 6/9 PIRATES 7/3 TWINS 8/4 ROYALS 9/1 D RAYS

5/26 ANGELS 7/2 TWINS 7/21 D-RAYS 8/28 BOSTON 5/21 RED SOX 6/16 METS 7/7 ANGELS 8/18 TIGERS 9/2 D RAYS 10/XX PLAYOFFS

#### TORONTO BLUE JAYS @ ROGERS CENTRE, w/ buffet, \$120+

5/9 RED SOX 6/20 DODGERS 8/6 YANKS 5/28 YANKS 7/24 TWINS 8/8 YANKS

5/29 YANKS 7/25 TWINS 9/12 YANKS

#### **SYRACUSE ORANGEMEN FOOTBALL**

See Big East Football @ the SU Carrier Dome, we tailgate within walking distance of the Dome. Trip includes: Tailgate Party, burgers, brewskis. pop, hasslefree ride from Pittsford ansd tix in sections 327, 316-318 are available.

8/31 Wash, Huskies dep. 4PM \$110 10/6 West Virginia dep. 8AM 11/10 South Florida dep. 8AM

9/15 Illinois dep. 8AM \$100p 10/13 Rutgers dep. 8AM \$100pp 11/24 Cincinnati dep. 8AM

#### 2008 NCAA HOOPS @ SYRACUSE CARRIER DOME

Includes round trip transportation, mini Bodine tailgate and game tix in 300 level. Departs from Pittsford 4.5 hours before tip-off. Kids under 12 save \$10 when tour booked 2 weeks prior to departure, \$100

Pitt Panthers sect. 307 Notre Dame Irish UConn Huskies sect. 304 **Louisville Cardinals** 

Villanova Wildcats sect. 305 **DePaul Blue Demons** Georgetown Hoyas W. Virginia Mountaineers sect. 312

BODINE UNLIMITED T

5480 County Rd. 36 • Honeoye, NY 14471 • (585) 367-2904 www.bodineunlimitedtours.com



**Starting their 14th Season** 

Red Card Joe Sirianni, Bruno Sniders & Andrew Battisti

Mondays at 6:30pm and Sundays at 6pm

Call in 346-3000







#### 2006 Season Recap



In 2006, the Rochester Raging Rhinos finished a memorable year in their inaugural season at the newly constructed PAETEC Park in downtown Rochester. NY. The Rhinos completed the United Soccer Leagues First Division regular season with a 13-4-11 record. Second-year Head Coach Laurie Calloway overcame the loss of several veteran leaders, and three of the top four leading scorers from the 2005 season, to lead Rochester to a second place finish for the second consecutive season.

After a two-week training camp in sunny Cary, North Carolina, the Rhinos opened the season with seven straight road matches while PAETEC Park was receiving its finishing touches. Rochester tallied 13 goals while only surrendering five in an 11-game unbeaten streak to start the year. It was a 10 defeat at the hands of rival Montreal on June 28 that snapped the second longest unbeaten streak in Rhinos history On July 14, Rochester welcomed former Brazilian legend Romário and the Miami FC to PAETEC Park. In an epic and thrilling battle, it was former MLS star Ricky Lewis that notched a goal in stoppage time to top the expansion franchise 5-4. Rochester went on to record 11 ties in 2006, setting a team record during a season where there were 88 ties in the league

The Rhinos' successful season led to their 11th straight postseason appearance, complete with a first-round bye. On a goal by midfielder Greg Howes in game one of the two-game, aggregate goal semifinal round against the Charleston Battery, the Rhinos advanced to the USL First Division Championship for the first time since 2001.

The Rhinos hosted the Vancouver Whitecaps in the USL-1 Championship game at PAETEC Park on September 30. The Whitecaps fought off a ferocious Rhinos attack to start the game and outlasted Rochester 3-0 on a rain-soaked pitch. winning their first title since 1979. The win marked

the first time in league history that a road team won the championship. Rochester was after its fourth league championship, winning titles in 1998, 2000 and 2001. The Rhinos now boast a 25-13-8 all-time record in the prayoffs.

The 2006 Rhinos were led by team captain and Second Team All-League goalkeeper Scott Vallow. The veteran goalkeeper led the entire USL in wins (13), shutouts (14) and saves (106) while setting several personal records along the way. Vallow moved into first all-time in Rhinos regular season history in ties (19) and shutouts (38). Vallow was one of only two players in the USL to play every minute of every game this season. Vallow, defender frankie Sanfilippo and midfielder John Rall were named to the 2006 USL-1 All-Star team. Laurie Calloway was named a coach of the All-Star game held in Cary, NC. Rookie defender Kenney Bertz helped anchor one of the stingiest defenses in the league, surrendering 21 goals in 28 games. Bertz was also named Second Team All-League and a finalist for USL Rookie of the Year, First-year Rhino Matthew Delicâte was the Rhinos' scoring leader, registering 19 points (8+3) in 28 games. He was named the USL Player of the Week for Week 5 after scoring the game-winning goal in a 1-0 victory in Portland. The late season acquisition of forward Chris Bagley helped the Rhinos close the season with a seven-game unbeaten streak. Bagley joined the First Division powerhouse after a successful season with the USL-2 Wilmington Hammerheads. Bagley, a former member of the MLS New England Revolution, was named a finalist for the USL-2 Most Valuable Player prior to joining the Rhinos.

PAETEC Park was the site of many electric and unforgettable moments in 2006. The Rhinos hosted English Coca-Cola Championship League side Sheffield Wednesday in an exhibition match on July 22. Sheffield Wednesday topped the Rhinos 2-0 in the match as they closed out their tour of the United

States. Rochester's run in the 2006 Lamar Hunt U.S. Open Cup was a brief one. A 5-4 defeat of the USL-2 New Hampshire Phantoms set the stage for a match with the MLS New England Revolution at PAETEC Park on August 2 120 minutes of scoreless play preceded a penalty kick shootout where New England advance I. winning 5-4. The Rhinos are the only USL team to win the U.S. Open Cup, taking the title in 1999 after defeating four MLS opponents.

The par has been set for the 2007 Rhinos. Playing in one of the top soccer-specific stadiums in the country, the Rhinos will look to continue with their will ning ways and make the drive to once again in ign as the USL Champions.



# POWER TRIP POWER TRIP

Proud Sponsor
of the
Rochester Rhinos

To win free tickets and

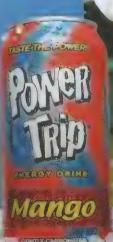
Power Trip prizes go to:

www.PowerTripBev.com











THE GREATEST TASTING ENERGY DRINK

grang



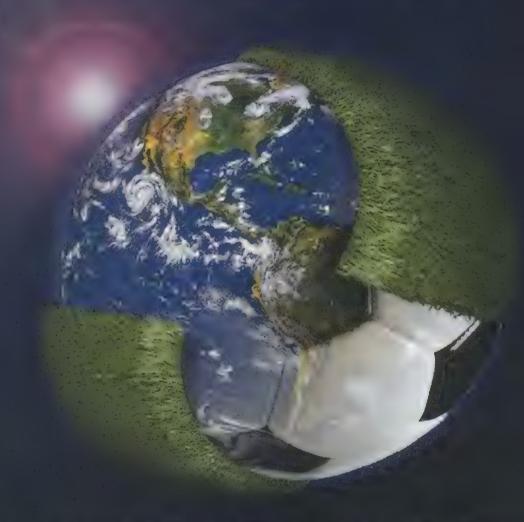
Salts and Delimenton: Fower Trip Severages, Inc., 12401 Orange Drive, Suite 205, Davie, FL 23330

Phone 954-862-1445, Fax 954-862-1484 scles@powertripbex.com

www.PowerTripBev.com

# Making The World A Safer Place To Play!

As the Official Turf Provider of the United Soccer Leagues, Sprinturf offers state-of-the-art playing surfaces specifically designed for maximum safety, durability and performance.



For information about our turf systems and other products visit us online at www.sprinturf.com or call us at 1-877-686-8873 to request a brochure and interactive CD





# GO RHINOS





personalizing business communications
www.paetec.com



Dictatorships, military rule banana power have reigned over the country of Honduras since it gained its independence from Spain in 1821. With a literacy rate of 76.2% and an average daily income of just a couple of dollars a day, many children grow up without the basic needs of food, clothing and shelter. For many in Honduras, there is little hope of escaping deprivation and indigence, but as Rhinos rookie goalkeeper Hector Zapata knows well, there is something else that Hondurans find hope in.

#### Futbol.

Zapata left his mother Alba, and his brother, René, in Honduras to come to the United States to attend college at Oral Roberts University in the summer of 2000. Prior to making the move to North America, Zapata had spent his childhood playing soccer all of the time.

"Soccer in Honduras is number one," said Zapata. "When I was growing up, I used to play until one o'clock in the morning."

Zapata says that all that he and his friends needed to occupy their time was a nylon ball, a couple pairs of shoes for goals and an empty street. Soccer is just something that every kid plays in Honduras says Zapata.

Because of the economic state of many households in the impoverished nation where more than half of the citizens live below the poverty line, organized youth leagues supply the balls and goals required to play the game. After the leagues have taken care of supplying the equipment, there is only one thing left for the kids to do according to

#### **FUTBOL IN HONDURAS**

Zapata: show up and play.

In the United States, children have infinite options on how to spend their time after school. With music ensembles, different sports and homework, youth soccer has quite a bit of competition to overcome. Zapata explained that in Honduras, they have other sports, such as basketball and volleyball, but soccer is leagues above where those other sports are in popularity. Soccer is not just a sport for many children in Honduras. Instead, it is a way out of the destitution that occupies too many homes in the third-world.



Soccer is so popular in Honduras that despite the extraordinarily high rate of poverty, the cities and towns continue to build state-of-the-art stadiums to house their teams. Zapata's hometown of La Ceiba has a stadium that is home to Victoria, La Ceiba's local futbol club. Zapata says that many of the stadiums in Honduras are much like Rochester's PAETEC Park, while others are little more than a field surrounded by a fence.

Protective fences surround nearly all of the fields in Honduras, and according to Zapata, keeping the fans away from the players and referees is necessary for everyone's safety.

"There is no way that people in Honduras would be able to sit and watch the

game without a fence separating them from the field without somebody throwing something at the players or referees," Zapata said. "There have been incidences where the fans have gotten mad at the referee and have gone out and taken it out on his car. The referee might come out after the match, and his car would be upside down."

Zapata is not worried about objects flying from the crowd while playing at Rochester's PAETEC Park this season. He knows that here at PAETEC Park, the only things raining down from the stands will be the sounds of beating drums, buzzing horns and lyrical chants that are typical of Rochester fans. Zapata loves the idea of playing in a place where the fans are so passionate and knowledgeable about the game of soccer.

"I know the tradition and love that the Rochester fans have for the game," he said. "I'm proud to be able to play in a soccer town."

COMPARISONS ACCORDING TO CIA'S
WORLD FACT BOOK

Honduras

Population: 7.326.496

Life expectancy: 69.33 years (2006)

Literacy: 76.2% (2003)

Unemployment rate: 27.9% (2006)

Electricity consumption: 4.824 billion

kWh (2004)

Televisions: 570,000 (1997)

United States

Population: 298 444 215 (July 2006 est.) Life Expectancy: 77.85 years (2006)

Literacy: 99% (2003)

Unemployment rate: 4.6% (2006) Electricity consumption: 3.717 trillion

kWh (2004)

Televisions: 219 million (1997)

The Rhinos professional soccer team will hold summer camps for children ages 5-15.















Soccer Town, USA your team...your turf LIFE IS A BOWL OF PERRY'S









For more information log on to rhinossoccer.com or call 454-KICK (5425)

#### INTEGRATED WELLNESS SYSTEMS

a medical massage center

INTEGRATED WELLNESS SYSTEMS

# Salvatore's OLD FASHIONED PIZZERIA

**SINCE 1978** 

SALVATORE'S, THE FAMILY BORN AND RAISED IN ROCHESTER, NY AND PROUD OF IT!!

# 234-555

Call the Salvatore's Hot Line

TEAM AND GROUP DISCOUNTS AVAILABLE

**Order on line** 

www.salvatores.com



# Always Worth It





# 



Trident Precision Manufacturing, Inc.

Excellence in Motion



For all your precision manufacturing needs call Trident at 585-265-2010 or fax us at 585-265-2386 www.tridentprecision.com

QS-9000: 1995 ISO 9002







598 Plymouth Ave. North Rochester, NY 14608

PH: 585.232.3510 FX: 585.423.5975

Hours: Mon.-Fri. 6 a.m.-5 p.m. Saturday 6 a.m.-2 p.m.

www.dipaolobread.com

DI PAOLO

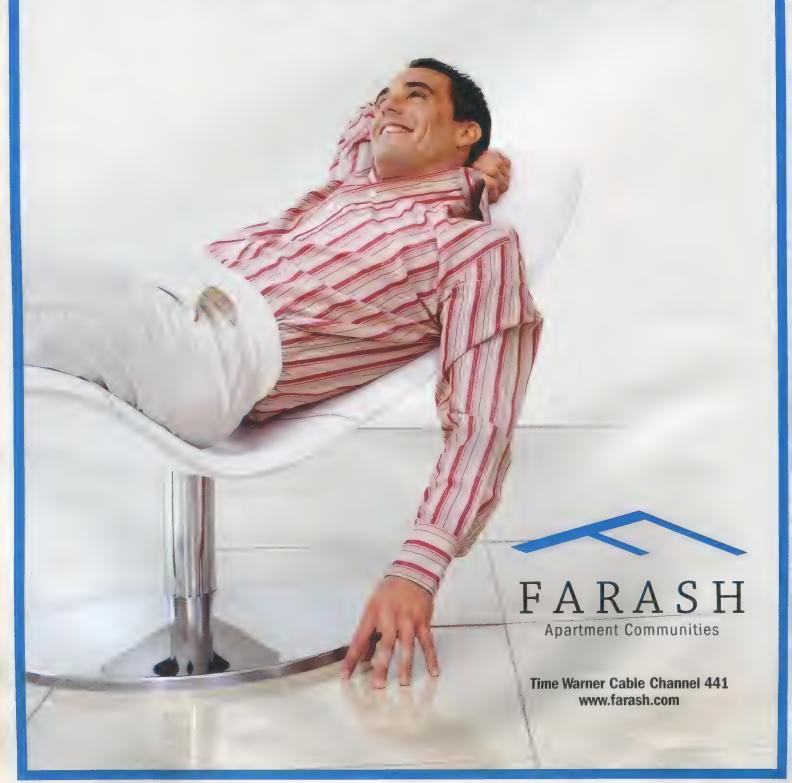
Stop by Di Paolo Bakery

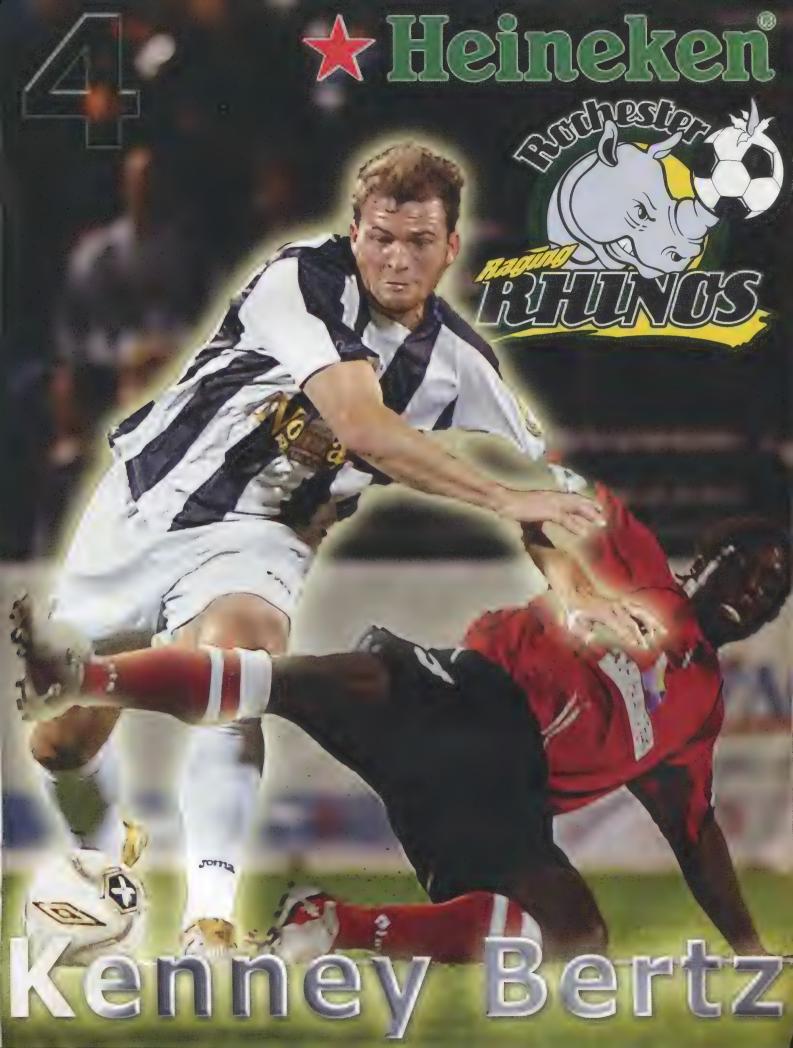
for a
FREE LOAF

of
FRENCH BREAD

Expires 12/31/07

# Best seat in the house.









Let S&S Limousine's and the Rhino's official away game travel connection help coordinate your next travel adventure.

585-235-5770

# IF A LUXURY CAR DOESN'T PROTECT THE LUXURY OF LIFE, IS IT REALLY A LUXURY CAR?

The All New 2007 S80 starting at \$39,400



WHO WOULD YOU GIVE A VOLVO TO?

Tell us at volvocars.us

HERE AND READY FOR IMMEDIATE DELIVERY: THE ALL-NEW 2007 VOLVO S80

Volvo. for life



©2006 Volvo Cars of North America, LLC. The Iron Mark and "Volvo, for life" are registered trademarks of Volvo, Always remember to wear your seatbelt.



1500 UNIVERSITY AVENUE 585.473.8530

## Monroe Ambulance

The Official Ambulance Service of The Rochester Raging Rhinos and The Rochester Rattlers

**INTEGRATED** 

SAFETY AND RESPONSE SOLUTIONS



AMBULANCE / TRANSPORTATION

www.monroeambulance.com



"Providing the Knowledge to Be Prepared"

www.integratedsrs.com

For Ambulance Response, Medical Transportation and American Heart Association Education and Training, Call The Professionals:

(585)-232-9000

**Emergency Ambulance** 

(585)-454-6211

**Medical Transportation** 

(585)-327-7607

**Education and Training** 

Serving Our Community Since 1975



Democrat and Chronicke sportswriters love the sports just like any other fan. And they translate their passion into some of the finist sports reporting in the country. Count on their to bring you only the best coverage of Rhinos socorr in the paper or online — during the 2007 season.



Democrat and Chronicle

Subscribe today! Call 585-232-5550.

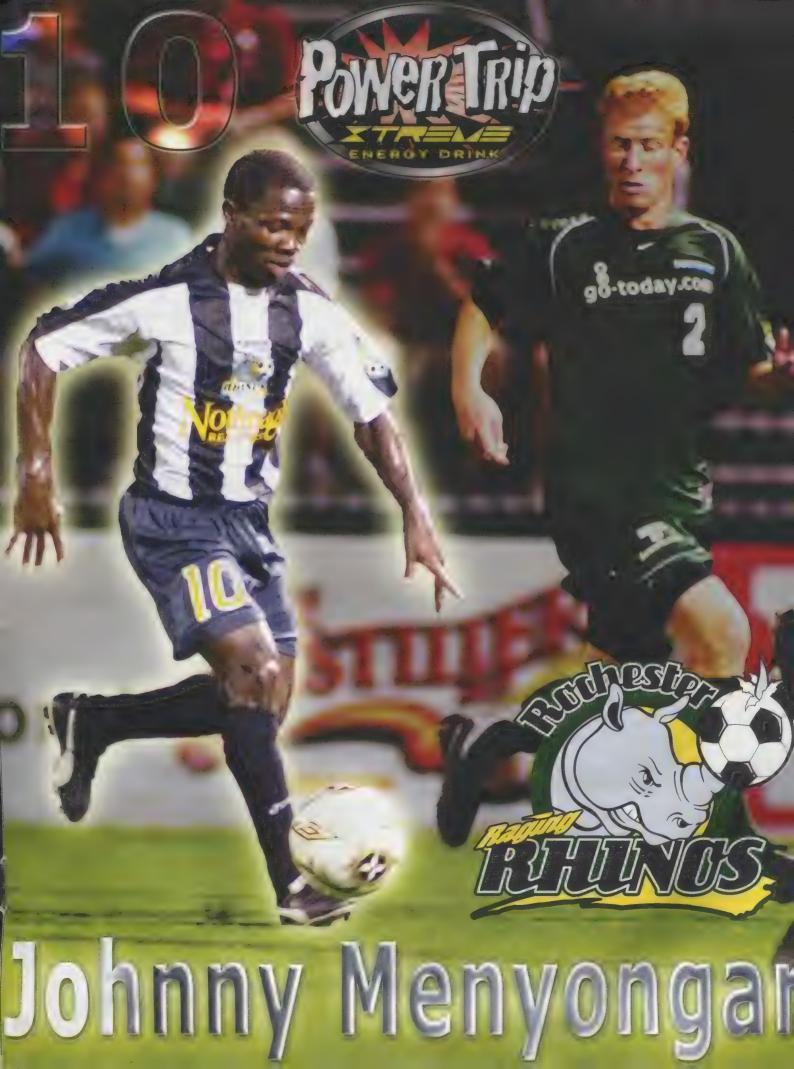


## Stars of Rochester

World-class soccer. World-class beer.



www.EnjoyHeinekenResponsibly.com ©2007 HEINEKEN® Lager Beer, Heineken USA Inc., White Plains, NY Keg Can design is a registered trademark of Heineken Brouwerijen BV.





Specializing in Teams, Leagues, Schools & Organizations

Call us! We'd love to quote your next project.

Perfect for the Knighthawks!



Perfect for your team!!

1255 University Avenue = Suite 270 = Rochester, NY 14607 585/473-0750 = 888/233-3330 = Fax: 585/473-6082 = www.jerseyconnection.com





## 25 Rey Martinez Hector Zapata

#### Goalkeeper

Height: 5-11

185 lbs. Weight:

12/25/78 DOB:

La Ceiba, Honduras Birthplace:

Oral Roberts University (Mid-Continent-Conf.) 2006 Club:

#### Midfielder

Height: 6-0

170 lbs. Weight:

5/13/81 DOB:

Ciudad Habana, Cuba Birthplace: 2006 Club: --

Rochester (USL-I)



#### Midfielder

Height:

5-10

Weight:

175 lbs.

DOB:

5/14/83

Birthplace:

Aberdeen, Scotland

2006 Club:

Kansas City Wizards (MLS)

#### Midfielder/Defender

Height:

5-8

Weight:

155 lbs.

DOB:

9/1/82

Birthplace:

Los Angeles, CA

2006 Club:

Real Salt Lake (MLS)





Defender

Height: 6-2

210 lbs. Weight: 4/11/81 DOB: Detroit, MI Birthplace:

Rochester (USL-1) 2006 Club:

Midfielder

Height: 5-10

Weight: DOB:

160 lbs. 11/5/72

Birthplace: 2006 Club: Newton, CT Rochester (USL-1)



#### Midfielder/Defender

Height:

5-10

Weight:

180 lbs.

DOB:

2/6/84

Birthplace:

Dallas, TX

2006 Club:

St. Louis University (Atlantic 10)

#### Defender

Height:

6-0a

Weight:

180 lbs.

DOB:

11/3/83

Birthplace:

Lexington, SC

2006 Club:

Dartmouth College (Ivy League)



# 20 21 Chad Severs Mike Ambersley

**Forward** 

Height: 5-10

Weight: 160 lbs.

DOB: 8/13/82
Birthplace: Vineland, NJ

2006 Club: Rochester (USL<sup>2</sup>)

#### Midfielder/Forward

Height: 5-8

Weight: 155 lbs.

DOB: 2/14/83

Birthplace:

St. Louis, MO

2006 Club: ---

Rochester (USL-I)



#### Midfielder

Height:

6-1

Weight:

175 lbs.

DOB:

3/22/85

Birthplace:

Greenfield. IN

2006 Club:

University of Connecticut (Big East)

#### Midfielder/Defender

Height:

5-9

Weight:

160 lbs.

weight.

IDU IDS

DOB:

3/28/77

Birthplace:

Royal Oak, MI

2006 Club:

Rochester (USL-1)





especially deep in the offensive zone.

Kenney's first six-point elk would not be his last, as he would eventually tag one more elk and two deer. Although he used a rifle to shoot both elk, Kenney used a compound bow and arrow to bring in both deer. He says that even though he began hunting with a rifle, he now prefers, and mostly hunts with his bow.

each other's company," said Kenney. "When we end up going out, we usually stay over night and when you don't have TV and those kinds of distractions you remember that you always have each other.

"We just sit around, play cards and visit. It has definitely been good for the relationship between my brothers and me, and especially for my dad and me."

Kenney and his three younger brothers, Kris (22), Kyle (20), and Keith (18) have been hunting with their father each fall. Their mother has even joined in a few times, but as Ken explained, Ohio's cold winter this year was an understandable deterrent for Mrs. Bertz.

"We've been trying hard to get mom out," Ken explained. "It's a little tougher to get her out there. She's a fan, but she doesn't really like the cold. So it has definitely become a struggle to get her out."

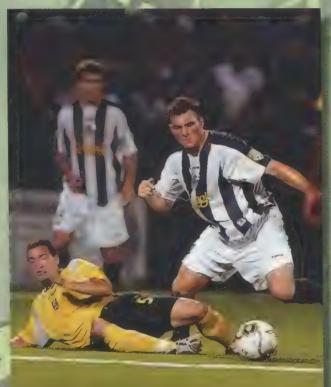
Not only does hunting provide a way for the Bertz family to spend some quality time together, it has also been a way for Ken to teach his children the importance of taking care of the environment.

"What we tried to instill in the boys is, this isn't something where you just go out and get and get and get," he said. "It's something where you're supposed to return something, and our policy was

whenever we went camping or hunting, on the way out, not only would we clean up our campsite, but our goal was to always leave it better than when we got there.

"As we would go out of the camping area the boys would sit in the bed of the truck and they'd tap the cab if they saw trash, and they'd hop out and clean it up and try to do something to keep the forest right, because we all know there are enough people out there who don't care, and leave it a wreck."

If Kenney cleans up the Rhinos' backfield this season the way that his father taught him to take care of a campsite. Rochester will likely once again possess one of the stingiest defenses in the league. And if his soccar shot develops to be as true as his bow shot, he could be deadly to apposing goalkeepers.



"It requires a little more skill and you have to get the deer in closer to you in order to get a shot." he said. "It's a little bit more of a challenge."

The Bertzs enjoy the challenge of hunting. but they also enjoy the time that it provides for them to spend together without the distractions of everyday life.

"The coolest part of hunting is going out and spending time together and enjoying





How do you celebrate your birthday? Maybe you have a quiet dinner with your family and close friends, or perhaps you enjoy letting loose and spending the night out on the town. Whatever your inclination, you probably will not spend your next birthday playing the Los Angeles Galaxy. That is exactly what Rhinos rookie midfielder Kevin Burns did on April 22nd.

Burns, who turned 22, was invited by Rhinos Head Coach Laurie Calloway, along with three other players, to tryout for the Rhinos following the team's combine in Boca Raton, Fla. early in the Rhinos preseason. He then joined the team for their preseason USL-MLS Challenge in Puerto Rico, where the Rhinos faced the Galaxy and FC Dallas. After lasting through the Rhinos' spring training, the 6-foot-1 midfielder committed to Rochester, signing a one-year deal with the Rhinos on Apr. 10. He says that so far his experience in Rochester has been exciting, and he is thrilled to be a part of such a tradition-laden franchise.

"I'm excited to be here in Rochester and part of such a talented team," said Burns, "I know Coach Calloway and the management has put together a championship caliber team, and I hope that I am able to contribute to their effort."

The Rhinos preseason match against the Galaxy was not Burns' first match against an MLS team this season. The Greenfield. Ind., native was selected by the Columbus Crew in the fourth round (50th overall) of the 2007 MLS SuperDraft and spent a brief spell with the team during their preseason in early February. The Crew played MLS clubs DC United, Real Salt Lake, the Chicago Fire and the Kansas City Wizards during Burns' stay with the team.

"It was exciting playing against MLS teams and I hope that we get a chance to do that during the US Open Cup this season." said Burns, who spent four seasons with the University of Connecticut prior to joining



the Rhinos. "Judging by our play in the preseason tournament, there's no reason that we can't compete with those teams."

The Rhinos were competitive in their exhibition matches against L.A. and Dallas, dropping a 3-2 decision to the Galaxy, while suffering a 2-0 setback to FCD.

As a high school senior, Burns attended the IMG Academy in Bradenton, Fla., where he earned Best Attacking Player honors and was named to the U.S. Under-18 National Team. From Bradenton, the skilled midfielder went on to UConn in 2002, where he registered four goals and eight assists in 65 games over his four-year career with the Huskies.

Between the commencement of the Rhinos combine and the beginning of the Rhinos season, Burns had to meet many new faces and gathered countless first impressions. He says that his initial impression of Rhinos Head Coach Laurie Calloway was that he is stern, but he genuinely cares about his players.

"He's cares about his players, but he's strict," said Burns. "He's much more old-school. He spent a lot of hours helping the other guys out that didn't make the team in the preseason, which many coaches might not have done."

Burns says that he is aware not only of the talented team that Calloway has assembled, but also of the tradition of excellence that the Rhinos organization possesses and the success that they have had in the past.

"The Rhinos are one of the most dominating teams in the USL." he said. "Everyone knows about them. Their stadium is pretty awesome and their fans are known as being very supportive. At least, that's what I hear."

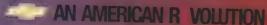


CHEVROLET BUICK DEALER SELECT AWARD WITH EVENING SERVICE HOURS

LIFETIME OIL CHANGES
LOANER VEHICLES AVAILABLE

LIFETIME CAR WASHES

CHEVROLET





BUICK dream up

William Will

We Always Say Yes!

Your Chevrolet & Buick Dealer

Sales - Parts - Service - Body Shop

115 West Main Street, Honeoye Falls - 624.2818 - www.molye.com



## ROCHESTER RAGING RHINOS 2006 REGULAR SEASON STATISTICS

															CAR	T) C
NO	NAME	POS	GP	GS	MIN	<u>G</u>	<b>A</b>	PTS	FG	WG	° PKA	PKS	SHT	FLS	CAR	E
7	DELICÂTE, Matthew	F	28	20	1.869	8	3	19	4	770	0	0	45	44	4	0
10	MENYONGAR, Johnny	M	22 %	19	1,627	5	2	12%	2	7	2	2	24	32	1	1000
13	BALL, John	M	27	23	2,007	4	4	12		The second	0	0	36	39	6	0
9	HOWES, Greg	M	25	19	1,820	4	0	8 /	2	3	0	0	38	32	4	0
8	EDOZIEN, Connally	F	22	7	, 841	.4	0	8	1	i o		0	25	23		lang
23	GBEKE, Charles	F	21	10	929	2	1	5	0	0.	0	0	35	42/	5	0 /
18	LINES, Aaran	M	22	14	1,359	1	3	5	0	- 30	0	0	17	135	5	03
22	STRELE, Jonny	M	12	8	715	呼	2	4	1	1	0	0	13	16	1	0
4	BERTZ, Kenney	D	26	26	2,285	1	Í	3	0	ALCONOMICS TO SERVICE	0	0	11	36	4	o
35	MARTINEZ, Rey	M	12	5	529	1	1	3	0	0	. 0	0	17	9	1	0
20 -	PALGUTA, Scott	D	28	17	2,330	0	3	3	0	0	0	Ó	10	30	-3-	-0
15	SANFILIPPO, Frankie	D	26	25	2,295	0	3	3	0	0	0	0	7	32	1	0
2	LEWIS, Ricky	D	11	7	580	1	0	2	0	1	0	0	4	16	4	0
21	BAGLEY, Chris	M	6	3	284	1	0	2	0	0	0	0	10	3	0	0
27	BONSEU, Tenywa	M	21	17	1,348	0	1	1	0	0	0	0	11	20	3	0
24	VALLOW, Scott	GK	28	28	2,520	0	0	0	0	0	0	0	0	0	0	0
26	CRAFT, Nate	M	19	18	1,498	0	0	0	0	0.	0	0	5	28	3	0
30	AMBERSLEY, Mike	M	18	10	924	0	0	Ó	0	Ò	0	0	7	9	1	0
12	PERRY, Jason	D	11	6	554	0	0	0	0	0	0	0	0	8	3	0
11	DaSILVA, Edivaldo	M	6	6	430	0	0	.0	0	D	0	O	3	3	0	0
29	KRAMER, Danny	M	10	5	392	0	0	0	0	0	0	0	4	3	0	0
28	BOLTON, Josh	D	4	3	263	0	0	Ö	0	0	0	0	1	5	0	0
31	DOMBROWSKI, Neil	F	6	2	247	0	0	.0	0	0	0	0	2	mi 35	0	0
5	TAYLOR, Kevin	D	3	0	46	0	0	0	0	0 \	0	0	1	2	0	0
17	SEVERS, Chad	M	2	0	17	0	0	0	0	0	0	0	0	1	0	0
25	HANNIGAN, Patrick	GK	0	0	0	0	0	0	0	0	0	0	0	0	0	1
	TOTALS	F	416	298	27,709	33	24	90	11	12	3	2	328	473	50	1
. S										877	0.					
AND THE REAL PROPERTY.										TYPE	COREC	3000	STIOT!			

ALCON MANAGEMENT									REC	ORD	.5	SHOTS		
NO.	GOALKEEPER	<u>GP</u>	<u>GS</u>	MIN	<u>GA</u>	<u>svs</u>	GAA	<u>so</u>	$\underline{\mathbf{w}}$	<u>L</u>	T	FACED	PK	<u>PKG</u>
-24	VALLOW, Scott	28	28	2520	21	106	0.75	14	13	4	11	315 LE	45.4	3. Allenda
: "25	HANNIGAN, Patrick	0	0	0	0	0	0.00	0	0	0	0	0	0	0
	TEAM TOTALS	28	28	2520	21	106	0.75	14	13	4	11	315	4	3

RECORD	GP	$\underline{\mathbf{W}}$	L	I	SCORING	1st	2nd	TOT	SHOTS TOTAL
RHINOS	28	13	4	11	RHINOS	5	29	34	RHINOS 324
OPPONENTS	28	4	13	11	OPPONENTS	8	13	21	OPPONENTS 315

giller	2 4000		ADDITIONAL STATIST	ICS A STATE OF THE
RHINOS WHEN:	W-L	RHINOS		OPPONENTS
Scoring First Goal	10-0-3	164	CORNER KICKS	143
Allowing First Goal	3-4-2	3	PENALTY KICKS	3
Outshooting Opponent	6-2-2	2	PENALTY KICKS SCORE	ED 3
Shots are Tied	2-0-2	111	OFFSIDES	53
Outshot by Opponent	5-2-7	476	FOULS	374
Leading at Half-Time	2-0-2	50	CAUTIONS	48
Tied at Half-Time	9-1-7	1	EJECTIONS	3
Trailing at Half-Time	2-3-2			

## THE NEW POWER OF NEWS POWER

LOCAL & WORLD NEWS . WEATHER . TRAFFIC . SPORTS . FINANCIAL



NOW 20,000 WATTS OF NEWS POWER!!

www.wysl1040.com

FRESHER, YOUNGER, SMARTER NEWS AND TALK RADIO FOR THE ROCHESTER & FINGER LAKES REGION!



Laura Ingraham Weekdays 9:00 a.m.



Bill O'Reilly Weekdays 12:30 p.m.



Bill Nojay Weekdays 2:00 p.m.



Dennis Miller Weekdays 3:00 p.m.

Listen Live Worldwide at www.wysl1040.com



## AURIE CALLOWAY BEHIND THE RHINOS' BENCH FOR NEXT THREE SEASONS

Rochester Raging Rhino soccer fans should get used to seeing Laurie Calloway behind the bench at PAETEC Park. The veteran head coach was resigned to a three-year deal this winter, which ties him to the soccer club through 2009. In his two seasons with USL First Division Rhinos. Calloway

Salty Dogs put together an impressive 10-0-2 streak to finish in third place, one spot ahead of the Rhinos. The streak helped propel the team to the A-League's Eastern Conference Finals.

"We're thrilled to have Laurie on board for three more

vears. He's committed to the high expectations we have here and he's as motivated as anyone to bring success to this club," said Matthew Ford, Executive Vice President for the Rhinos.

Calloway also spent time in Major League Soccer, when he was named the head coach for the San Jose Clash (now Earthquakes). He coached that team for two seasons (1996-97), compiling a 20-27-0 record



has compiled a 28-11-17 record and has led the club to two trips to the USL First Division Playoffs.

"I'm delighted and extremely excited to commit my future to the Rhinos organization and look forward to bringing further success to the club in the coming years," said Calloway. The stability of a long term contract gives me the opportunity to take this club and these players forward and hopefully bring Championships back to Rochester.

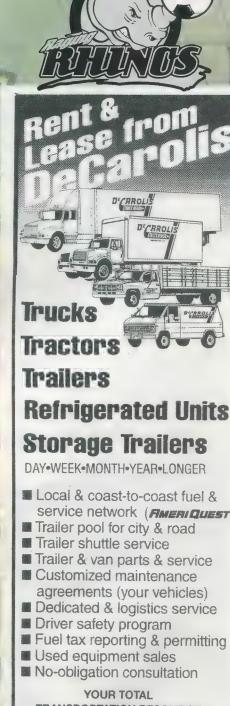
Last season, he was one of three finalists for the USL Coach of the Year, as he guided the Rhinos to the First Division Championship Game. During the regular season, Rochester earned a 13-4-11 mark and secured the second seed in the playoffs. The Rhinos advanced to the finals by defeating Charleston in the Semifinals. The trip to the finals was Calloway's first appearance in a title match since 1991.

Calloway was named the second head coach in Rhino's team history on December 16, 2004. In his two-year tenure in Rochester, he has continued the winning tradition of the franchise by extending its consecutive playoff streak to 11 seasons. In the team's storied history, the Rhinos have won three A-League titles (1998, 2000, 2001) and one U.S. Open Cup (1999).

Prior to arriving in Rochester, the native of Birmingham, England, spent two seasons with the Syracuse Salty Dogs (A-League), where he accumulated a record was 26-20-10. In 2004, the

In 2001-02, Calloway returned to the professional ranks with the Des Moines Menace, a fourthdivision team in the USL's Premier Development League. In his first season, he led the team to a 15-0-3 mark, only the third undefeated season in USL amateur history. During the 2002 season, the Menace nearly knocked Rochester out of the U.S. Open Cup. The Rhinos narrowly escaped with g 3-2 overtime win at Frontier Field. The Menace won the Heartland Division during the 2002 PDL season. Calloway also coached the California Surf (1981) and Seattle Sounders (1983) in the NASL. In 1985, he won his first championship as a coach, leading the San Jose Earthquakes to the Western Alliance Soccer Challenge Cup.

He is also no stranger to the pitch as a player. having appeared in over 500 league and cup matches in England and the United States. He spent the early part of his playing career in England with clubs including, Wolverhampton Wanderers (1960-63), Rochdale (1964-68), Blackburn Rovers (1968-70). Southport (1970-71) and York City (1971-73). After a solid career as a defender in England, Calloway tested the waters of North American and came over to play with the San Jose Earthquakes of the NASL (1974-1979). He was a two-time NASL All-Star. In 1975, he was the Team MVP and a First Team



- Local & coast-to-coast fuel & service network (FMERIQUEST)

- agreements (your vehicles)

TRANSPORTATION RESOURCE

Serving Business & Industry since 1938 333 Colfax Street Rochester, NY 14606

(585) 254-1169

Rochester ■ Buffalo ■ Syracuse Henrietta . Geneva

www.decarolis.com

52 Rochester Rhinos

### RHINOS COACHING STAFF



#### FORMER ATLANTA ASSISTANT JOINS RHINOS COACHING STAFF

The Rochester Raging Rhinos welcomed former Atlanta Silverbacks assistant coach Jukka Masalin to the team's coaching staff on March 30th. Masalin will serve as the Rhinos' assistant coach under Head Coach Laurie Calloway.

"We're excited to add Jukka to our coaching team." said Rhinos Executive Vice President Matthew Ford. "His wealth of experience in many top European leagues as a player combined with his more recent coaching experience make him a great addition to our staff. Jukka's knowledge and approach to the game has made an immediate impact on our players, and we feel

fortunate to be able to bring him on

board."

First Division. There, he was responsible for everything from goalkeeper training and evaluation to arranging team travel, budgeting, recruiting and scouting. Last season, he served as the team's youth program co-director and

Germany and the United States.

"We spent the preseason with Jukka as our assistant, and he proved himself in every way, said Calloway."He is a former goalkeeper and

goalkeeping coach, so he wilt also take over those responsibilities fo us. Jukka has good experience talent and initiative, and will be a great addition to our coaching staff."

In addition to his typical assistant coaching duties, Masalin will work with Calloway and Rhino Women's Head Coach Peter Amos to spearhead the new Rhinos Youth Development Initiative.



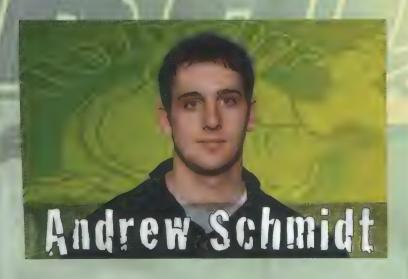
Masalin comes to the Rhinos organization with more than 17 years of youth, college and professional coaching experience. The 33-year-old Lahti, Finland, native has several soccer coaching licenses, including the Finnish UEFA B-coaching license. Finnish UEFA C-coaching license and US UEFA B-coaching license.

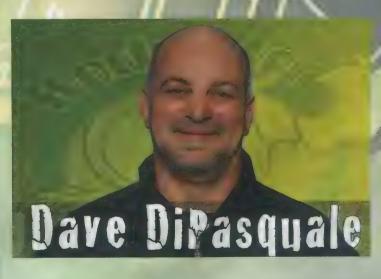
Most recently, Masalin spent three years (2004-06) as an assistant coach for the Atlanta Siverbacks of the United Soccer Leagues

coached the organization's Academy teams (U9-U12) and two select teams (U13 and U15 boys). A 2002 graduate of Lander University, Masalin served as the men and women's soccer teams' assistant coach in 2000 and 2001.

He was a member of the U16, U18 and U21 Finland Youth National Teams from 1987 to 1993, and spent 13 years (1990-2003) playing professionally with teams in Finland, Sweden,

"This is an amazing opportunity to work with a fantastic team and organization, said Masalin. "As a young professional coach this is an excellent chance for me to work and learn in a great environment. It was an honor to be considered for this job, and to now be given a chance to be a part of this organization is very exciting. Pochester has a great tradition of excellence and winning, and I am looking forward to contributing further to what has already been established here."









#### Defender

 Height:
 6-1

 Weight:
 180 lbs.

 DOB:
 10/28/76

Birthplace: Kampala, Uganda 2006 Club: Rochester (USL-1)

#### Midfielder

Height: 5-7
Weight: 160 lbs.
DOB: 3/30/84
Birthplace: Plainview, NY
2006 Club: Rochester (USL-1)



54 Rochester Rhinos





Personalhealthapproach.com

A Strength Training Facility to Rochester's Professional Sports Teams

OPEN 7 DAYS A WEEK / CALL 232-8888 3450 WINTON PLACE, ROCHESTER, NEW YORK

Created By: Absolute Advertising & Design, Rochester, NY, (585) 271-2779

## Sports Tip

from

### University Sports Medicine

### ACL Injury

ACL stands for the anterior cruciate ligament of the knee. It is a term heard frequntly in today's sports world. The ACL is one of the major ligaments of the knee and provides stability to the front of the knee joint. Studies suggest that ACL injuries can be prevented if the muscles that surround the knee are trained to improve flexibility, strength, and motor control. Proper conditioning is essential for injury prevention.

To learn more visit, www.stronghealth.com or call 341-9150

University of Rochester

Medical Center

Strong Mealth

## ROCHESTER RAGING RHINOS 2007 FIRST DIVISION SCHEDULE

Data	Time (EST)	Opponent
Date Friday, April 13	8:00 p.m.	@ Puerto Rico Islanders
Sunday, April 15	6:00 p.m.	@ Miami FC
*Friday, May 4	8:00 p.m.	vs. Vancouver Whitecaps
Sunday, May 6	6:00 p.m.	@ Charleston Battery
Saturday, May 12	10:00 p.m.	@ California Victory
Sunday, May 13	9:00 p.m.	@ Portland Timbers
Friday, May 18	10:30 p.m.	@ Seattle Sounders
Sunday, May 20	10:00 p.m.	@ Vancouver Whitecaps
Sunday, May 27	6:00 p.m.	vs. Miami FC
Sulluay, may 21	2	
Friday, June 1	8:00 p.m.	@ Miami FC
Sunday, June 3	5:00 p.m	@ Puerto Rico Islanders
Friday, June 8	7:30 p.m.	@ Carolina Railhawks
Saturday, June 9	7:35 p.m.	vs. Portland Timbers
Sunday, June 17	6:00 p.m.	vs. Charleston Battery
Friday, June 22	7:35 p.m.	vs. California Victory
*Friday, June 29	8:00 p.m.	vs. Atlanta Silverbacks
Triday, bane 20		
Tuesday, July 3	7:35 p.m.	vs. Seattle Sounders
*Friday, July 6	8:00 p.m.	vs. Carolina Railhawks
Saturday, July 14	7:55 p.m.	@ Atlanta Silverbacks
Saturday, July 21	7:35 p.m.	vs. Seattle Sounders
Saturday, July 28	7:35 p.m.	vs. Minnesota Thunder
	-1200	0 0
Sunday, August 5	4:00 p.m.	@ Montreal Impact
Friday, August 10	7:35 p.m.	vs. Carolina Railhawks
Sunday, August 12	6:00 p.m.	vs. Puerto Rico Islanders
Saturday, August 18	0.00 p.iii.	
*Friday, August 24	8:05 p.m.	@ Minnesota Thunder
I I I O O I I I I I I I I I I I I I I I		vs. Montreal Impact
	8:05 p.m.	0
Friday, August 31	8:05 p.m. <b>8:00 p.m.</b>	vs. Montreal Impact

Matches in bold are home games
\*-TV Game



#### Alcoholic Beverages

Persons under 21 years of age are not permitted to purchase or consume alcoholic beverages. PAETEC Park reserves the right to refuse service to anyone who is unable to produce an acceptable form of identification or who appears to be intoxicated.

PAETEC Park is dedicated to providing a safe and enjoyable experience for all of our quests. The sale, consumption, service, and availability of alcohol may be restricted by the management of PAETEC Park in its sole discretion, and is subject to compliance with all applicable governmental statutes, ordinances, and regulation.

Within the Stadium, the sale of beer is limited to two per customer, per purchase. The sale of alcohol may be stopped by stadium concessionaire at any time during events. If you choose to drink, please do so responsibly.

#### Attire

All visitors to PAETEC Park are required to wear shoes and shirts at all times. Some language, gestures, and suggestive art on apparel may also be considered inappropriate. PAETEC Park reserves the right to address these issues with all guests. Your cooperation is appreciated.

#### Banners

Banners may be brought into the Stadium and are encouraged provided they are not offensive, in poor taste, or commercial in nature. Banners may be draped or hung from the rail on the lower bowl, as long as they do not obstruct the view of any guests, Stadium signage, or present any safety hazard. PAETEC Park reserves the right to remove any banner which it deems offensive in nature.

#### Cameras/Video Equipment

Professional cameras or equipment are not allowed to be brought in to the venue unless user has the appropriate working media credential. Unauthorized filming, video or audio taping, photographs, records, and all other depictions of PAETEC Park and/or events are prohibited.

#### Concessions

PAETEC Park offers thirty-two points of sale within five permanent Stadium concession stands and also offers food and drink at various mobile concession kiosks. In addition, concessions will be available via vendors walking the stands. Concession stands are operated by Delaware North Sportservice. Hours of operation for concession vary based on length and type of event.

#### Emergency Phone Calls

Please report all emergencies to the nearest Safety & Security Officer.

#### **Emergency Evacuation**

In the event of an emergency situation where the Stadium would need to be evacuated, instructions will be announced via the public address system and stadium staff will assist you in exiting the venue safely. If such circumstances arise, please remain calm, use common sense and follow any instructions as they are announced.

#### Fan Behavior

Fans violating local, state or federal laws, behavior deemed objectionable by PAETEC Park staff, or any behavior that infringes upon other fans' ability to enjoy the game will be asked to cease such behavior and may be ejected or arrested.

#### Flags and Flag Pole Policy

Flags are permitted provided they are not commercial, offensive, or in poor taste. Flags may not obstruct the view of any guests, Stadium signage or present any safety hazards. For safety reasons flag poles of any kind will not be permitted.

#### First Aid Station

PAETEC Park offers a First Aid Station on the main concourse, conveniently located at the North East corner of the venue adjacent to the Snake Bites concession stand. If immediate first aid is needed, ask any PAETEC Park employee for assistance.

#### Field Access Policy

Stadium guests are not permitted access to the playing field at any time. Anyone entering the field without proper credentials is subject to removal from the Stadium and arrest.

#### Guests with Disabilities

The staff and management of PAETEC Park welcome members of the disabled community to PAETEC Park, a state-of-the-art sports and entertainment facility. We are constantly striving to improve our accessibility services at PAETEC Park. Please feel free to contact the ADA Coordinator with any comments, questions, and suggestions.

#### Assistive Listening System:

An FM Loop System is available at PAETEC Park. Receivers are available through Guest Services. A credit card or driver's license are needed as a deposit. Neck loops and ear speakers are also available.

#### **Guest Services:**

PAETEC Park Guest Services desk is located on the North East main concourse located behind section 128 by the First Aid room. Guest Services will answer any of your questions and assist with any problems once you have arrived at the facility.

#### Elevator:

An elevator for guests with disabilities and for guests traveling to the press box, suite level or 300 level is located behind section 111 on the Main South Concourse.

#### Service Animals:

Service animals are permitted in PAETEC Park. Contact our ADA Coordinator if any special requirements are needed.

#### Handout / Vending Policy

Guests are not allowed to hand out promotional or advertisement brochures, flyers, or any other collateral material to other guests while on the property of PAETEC Park, including parking lots, without prior written approval from PAETEC Park. No vendor is permitted to sell merchandise or food/drink of any kind while on the property of PAETEC Park without prior written approval from PAETEC Park.

#### Horns / Drums / Instruments

PAETEC Park does allow horns, drums and other musical instruments provided they are not a safety hazard to guests and do not block the view of others. Drum sticks must be of the "mallet" kind.

#### Lost and Found

During an event, any items found should be turned into quest services. After a game or event has concluded, lost and found items are transferred to the Security Office, which can be reached during normal business hours at 585-454-5425.

#### Lost Children

In the event your child is lost, notify the nearest Safety & Security Officer immediately.

#### Parking Policy

PAETEC Park parking lots will open 2 hours prior to kickoff. For more information on obtaining parking passes, please contact PAETEC Park at 585-454-5425.

There is normally a \$5 charge per day for parking for all Stadium events.

#### Projectiles

The throwing of any projectiles in seating areas, ramps stainwells, or any other areas is prohibited.

#### Re-Entry Policy:

For most events, ticketed spectators will not be allowed to reenter the stadium once they leave. Fans are advised to ask gate supervisors prior to leaving the gates.

#### Restricted Items

Personal food and beverage items, coolers, banners, helium balloons, and sound emitting, non-electronic (air horns whistles, noisemakers) or electronic devices are not permitted and must remain outside PAETEC Park as well as weapons of any type and laser light pointers.

#### Smoking

PAETEC Park is a smoke-free building inside the seating bowl Designated smoking areas are available in the North and West concourse areas and in the walkway behind the 300 level. This guideline is meant to preserve the safety and health of all our guests. Your cooperation is appreciated.

#### Tailgating Policy

Pre-game tailgating is permitted as long as it is conducted in a safe and respectful manner. Fans are asked to dispose of all trash in units located throughout the parking lot.

#### **Ticketing**

The PAETEC Park Box Office is open Monday-Saturday, 10 am to 5:30 pm. Saturday 10am to 2pm. All accessible ticketing needs should be made through the PAETEC Park Box Office. Tickets can be purchased in person or by phone at 585-232-1900, or online at Ticketmaster.com.

#### Umbrellas

Umbrellas may not be brought into the Stadium. In the event of inclement weather, guests are encouraged to bring appropriate apparel such as raincoats, pullovers or ponchos.

#### Wheelchair Seating

The Stadium contains many seats for wheel chairs as well as seats for companions. Wheelchair accommodations are available within each price level with wheelchair access in designated restrooms, concession stands and other points throughout the venue.

#### Will Call Policy

Tickets may be picked up with photo ID, at the Box office Will Call window located near dedication lane off of Smith Street. The Will Call window will be open at least 2 hours prior to events.

Rochester Rhinos 57

## Health Source Chiropractic

Good luck on a winning season!

Lets go Rhinos!



### Dr. Donald R. Dudley

Certified Chiropractic Sports Practitioner

Treating Rochester's premiere amateur and professional athletes
Official Chiropractic provider for the Rochester Sports Group

A preferred provider of the Rochester Sports Group
Team chiropractor for the Rochester Rhinos, Rochester Rattlers,
Rochester Americans & Rochester Knighthawks

Neck and back pain • Work, auto and sports injuries • Disc syndromes • Nerve Entrapment • Fibromyalgia Tendonitis • Headache • Sciatica • TMJ • Sprain-Strain syndrome • Muscular pain

#### MASSAGE THERAPY

now available on site

#### Adrienne Anetrini, LMT

Specializing in Swedish, Deep Tissue, Trigger Point and Sports Massage

Hours available by appointment

#### Accepting all major insurances including:

BC/BS • Blue Choice Senior • Preferred Care • Preferred Care Gold • Aetna • Workers Compensation No Fault (auto injury) • United Healthcare • Blue Choice • Via Health • Prism • Medicare

90 Erie Canal Drive, Suite D • Rochester, NY 14626 • 585.225.6430 • fax: 585.225.9636

www.HealthSourceChiropractic.com



The Official Fan Club of the Rochester Raging Rhinos!

#### **FAN MEMBERSHIP INCLUDES:**

- Special updates about the players and team activity
- Discounts on trips to away games, including casual meetings with players after the game
  - Newsletter
  - SAFARI premium item
- Discounts at the Rhinos Team Stores

## TO JOIN OR GET ADDITIONAL INFORMATION:

The SAFARI Rochester Raging Rhinos Fan Club

> 460 Oak St Rochester, NY 14608

Be the ultimate Rhinos fan... become a member of The SAFARI and enjoy all these benefits for the complete year for only \$20 (single or family)!

Don't be left out - Join the FUN!

## WWW.AMERKS.COM



## TOTALSPORTS =EXPERIENCE=

WESTERN NEW YORK'S FINEST SPORTS & RECREATION FACILITY



#### LEAGUES & TOURNAMENTS

SOCCER
LACROSSE
SOFTBALL
FLAG FOOTBALL
BASKETBALL

#### INSTRUCTIONAL PROGRAMS

BOYS AND GIRLS STARTING AT AGE 4
OFFERED YEAR ROUND
SOCCER

LACROSSE BASEBALL BASKETBALL



Full Service Health Club (located inside TSE)







880 ELMGROVE RD.

458-GAME(4263)

WWW.TOTALSPORTS-EXPERIENCE.COM



Enjoy gourmet meals, fine wine, and unexcelled service in a completely unique setting overlooking our 18-hole championship golf course.

Wedding Receptions, Showers, Rehearsal Dinners, Banquets, and Corporate Events for 25-400 guests.

4344 Nine Mile Point Road (Rte. 250) Fairport (585) 377-0298 \* www.eaglevale.com



## EAGLE VALE





The Argyle Grill sports bar, located next to our Pro Shop

- NFL Ticket, Quick Draw, and Food & Beverage Specials
- Live Music every Saturday night
- Amerk Ticket giveaways every Saturday & Sunday



## 2007 USL FIRST DIVISION DIRECTORY



UNITED SOCCER LEAGUES
PR: Gerald Barnhart
Gerald.Barnhart@uslsoccer.com
14497 N Dale Mabry Hwy, Suite 201
Tampa, FL 33618
P:(813) 963-3909 x 247
F: (813) 963-3807

ATLANTA SILVERBACKS
PR: Emmakate Young
3299 Northcrest Road, Suite 200
Atlanta, GA 30340
P: (404) 969-4900
F: (770) 496-4297
W: atlantasilverbacks.com

CALIFORNIA VICTORY
425 Second Street #605
San Francisco, Ca 94116
P: (415) 593-1491
F: (415) 593-0151
W:californiavictorysoccer.com

CAROLINA RAILHAWKS
101 Soccer Park Drive
Cary, NC 27511
P: (919) 859-5425
F: (919) 859-2332
W: carolinarailhawks.com

CHARLESTON BATTERY
PR: Andrew Bell
1990 Daniel Island Drive
Charleston, SC 29492
P: (843) 971-4625
F: (843) 856-6958
W: charlestonbattery.com

MIAMI FC
PR: Marcos Ommatti
Tropical Park Stadium
7900 SW 40TH Street
Miami, FL 33156
P: (305) 377-2700
W: miamifc.com

MINNESOTA THUNDER
PR: Kristen Eickstadt
2124 University Avenue West
Suite 215
St. Paul, MN 55114
P: (651) 917-8326
F: (651) 917-1088
W: mnthunder.com



MONTREAL IMPACT
PR: Stephane Banfi
8770 Langelier Blvd.,
Suite 224
St-Leonard, Quebec H1P 3C6 P:
(514) 328-3668 x 27
F: (514) 328-1287
W: montrealimpact.com

PORTLAND TIMBERS
PR: Chris Metz
PGE Park
1844 SW Morrison
Portland, OR 97205 P: (503) 553-5440 F: (503) 553-5405
W: portlandtimbers.com

PUERTO RICO ISLANDERS
PR: Eric Labrador
PO Box 360556
#1565 Highway #2
Bayamon, PR 00959-0556
P: (787) 642-3730
F: (787) 766-2990/785-5159
W: islandersfc.org

ROCHESTER RAGING RHINOS
PR: Justin Swackhamer
460 Oak Street
Rochester, NY 14608
P: (585) 454-5425
F: (585) 454-7000
W: rhinossoccer.com

SEATTLE SOUNDERS
PR: Bart Wiley
PO Box 80966
Seattle, WA 98108
1964 4th Ave South
P: (206) 622-3415
F: (425) 643-3515
W: seattlesounders.net

VANCOUVER WHITECAPS
PR: Ben Brown
Suite 550, 375 Water Street
Vancouver, BC V6B 5C6
P: (604) 669-9283
F: (604) 684-5173
W: whitecapsfc.com

# RITINI CONFERENCE CENTER

## Everything you need...



...to have a perfectly comfortable stay



...for a successful meeting or conference



...an elegant and memorable special event

...all in one place

For details, rates and reservations, Call direct 585-359-1800. Fax: 585-334-9621

www.ritinn.com

## The TACOBELL Rhino Victory Rally

Receive a FREE Seasoned Beef Crunchy Taco when you Rally Your Rhinos to Victory!

When the Rhinos win the game, take your ticket stub to a participating TACO BELL. restaurant (within 48 hours after the game) and receive a FREE Seasoned Beef Crunchy Taco.

THINK OUTSIDE TACO



TACO BELL. is a proud sponsor of the Rochester Rhinos.

Offer good only at participating TACO BELL® locations in the greater Rochester, NY area. Does not include express units. Offer excludes Chicken, Steak and Supreme versions. Please present ticket stub when ordering. Limit: One ticket stub per person per visit. Not good with any other offer. Void if copied, transferred, reproduced or where prohibited. Cash redemption value 1/20th cent. ©2006 TACO BELL CORP. 4166-6

## Go Rhinos!!!



## Genesee Valley Parent

Our free award-winning publication provides parents with informative feature articles that both educate and inspire.

Our annual directories, guides and online website help parents with everything from starting a family to assisting with the college process.



Genesee Valley

One Grove Street, Suite 204, Pittsford, New York 14534

www.GVPARENT.com

Celebrating 14 years of supporting families in the greater Rochester area!

# Become a permanent resident of Soccer Town, USA

We have ticket packages to work with every schedule and budget.

### 2007 Rhinos Season Ticket Pricing

LOCATION	2007 Prices	Savings**
Club*	\$480.00	\$90.00
Premium	\$250.00	\$92.00
U management of the second	7715.00	*71 AT
Corner	\$215.00	\$73.00
Bleacher	\$125.00	\$73.00

<sup>\*</sup>Club seats include Rhinos Men's and Women's tickets.

#### **Kick Packs**

LOCATION	2007 Prices	Savings**
Premium	\$250.00	\$92.00
The second second		
Corner	\$215.00	\$73.00
Bleacher	\$125.00	\$73.00

Kick Packs are 18 vouchers good for any regular season game. \*\*Savings based on day of game prices.

#### Ten Packs

LOCATION	2007 Prices	Savings "
Premium	\$170.00	\$20.00
A CONTRACTOR OF THE STREET		10 a m
Corner	\$140.00	\$20.00
Bleacher*	\$90.00	\$20.00

\* Kid's (12 and under) vouchers available for \$60.
Ten packs are 10 vouchers redeemable for any regular season game.









Conolly Printing. Over 100 years of printing experience. We're solid.

72 Marway Circle • Rochester, NY 14624 • Tel: 585-426-4150 • Fax: (585) 426-4198 Email: conollyptg@aol.com • Web: www.conollyprinting.com

## Valpak® Delivers Customers.



# Valpak

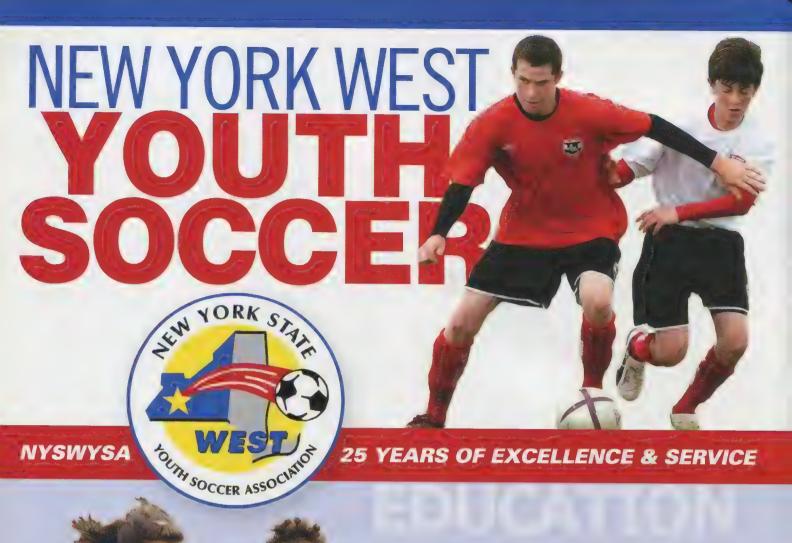
www.valpak.com

Active consumers rely on the familiar blue Valpak® envelope for values that make life easier - and more fun!

**Local** • Regional • National

Call Valpak® at 385-5758





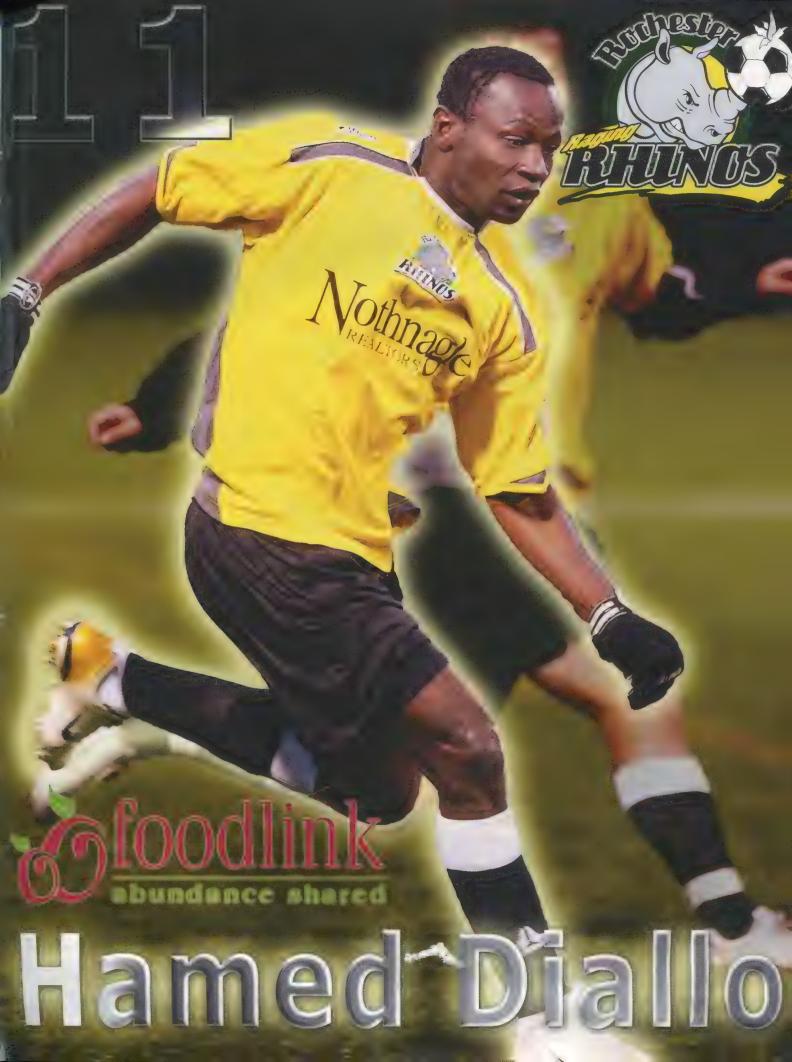
Coach Education
Player Development
Administrative Support

Coaches Workshop, AGM, Awards Dinner & Hall of Fame Inductions Nov. 17, 2007

> Nominate someone for an Award or induction into the Hall of Fame

office@nyswysa.org 607-962-9923

www.NYSWYSA.org



## THE LOWEST PRICE... THE BEST EXPERIENCE

#### "HERE'S WHAT OUR CUSTOMERS ARE SAYING"



I did a lot of online research
before I bought my car.
The Auction Direct website was
easy to navigate and they had the
lowest price for the vehicle that I
was looking for.

- Michael Ruocco Victor, NY



My friends can't believe the price I got from Auction Direct. Buying my first car was so much easier than I thought it would be!

> - Danielle Owen Webster, NY

I loved the online availability to Auction Direct. My car buying experience was fun, easy and true!

> - Sheila Platt Rochester, NY



I know I saved at least \$3,000 on the car I really wanted by shopping at Auction Direct USA.

- Shappelle Thompson Henrietta, NY



OVER 321 CARS IN STOCK!

CARFAX



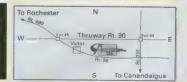
AUCTION
RESERVE PRICE
+ \$399

### **3 DAY/500 MILE MONEY BACK GUARANTEE!**

Trust Is Good - Guarantees Are Better • ALL PRICES CLEARLY POSTED on our inventory of over 321 on-site vehicles!

We'll buy your car whether you buy from us or not! Extended Service Plans available!
Low Finance Rates!

Order your next used vehicle.
We give you access to the auctions.





6520 State Route 96
Victor, NY 14564

(585) 742-8000

Monday-Thursday 9am-9pm • Friday & Saturday 9am-6pm • Sunday 12 noon-5pm

\* Pricing based on online search. Auction reserve price - the lowest price dealer will accept for vehicle after online auction ends. All prices + tax & trile. Vehicles may be prior lease turn-ins. trade-ins, rentals or auction purchases. Traditional dealer price based on on-line search

SHOP ONLINE AT AUCTIONDIRECT.COM



Proud sponsor of the Rochester Rhinos and Rochester Rattlers

## Quality Since 1880



Official Hot Dog Of the Stadium

# Workers' Comp. Connors & Ferris, LLP

"Committed To Serving Rochester's Injured Workers"

## Workers' Compensation Social Security

Personal Injury

## 262-COMP

WWW.connorsandferris.com

LLAME AL LICENCIADO DANIEL E. ZEA PARA DISCUTIR SU CASO DE COMPENSACION OBRERA EN ESPANOL.

3445 Winton Place (Design Center Suite 112), Roch., 14623



### ROCHESTER RAGING RHINOS REGULAR SEASON ALL-TIME LEADERS



RANK	GAMES PLAYED		RANK	GAMES STARTED		RANK	MINUTES PLAYED	
1	Lenin Steenkamp	219 .	· · · · · · · · · · · · · · · · · · ·	Lenin Steenkamp	190	1	Lenin Steenkamp	17,328
2	Scott Schweitzer	172	/ 2	Scott Schweitzer	170	2	Scott Schweitzer	15,121
3	Bill Sedgewick	160	3	Bill Sedgewick	142	3	Craig Demmin	13,156
4	Craig Demmin	147	4	Craig Demmin	. 141 <sub>Ay</sub>	. 4	Bill Sedgewick	12,865
5	Doug Miller	146	5	Tommy Tanner	119	5	Doug Miller	10,321
6	Tommy Tanner	141	6	Doug Miller	113	6	Billy Andracki	9,533
7.3	Kirk Wilson	116	7	Kirk Wilson	104	7	Tommy Tanner	9,259
8	Mali Walton	108	8	Billy Andracki	103	100mm 8"	Kirk Wilson	9,098
9	Nate Daligcon	107	9	Scott Vallow	97	9	Scott Vallow	8,813
10	Billy Andracki	105	10	Mali Walton	86	10 /	Mall Walton	7,987
					AND THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS	47		f grounds.

				A P	A 1		* # 1	8
ANK	POINTS	R	ANK	GOALS	-500-500-1	RANK	ASSISTS	
- 1	Doug Miller	166	1	Doug Miller	75	1	Lenin Steenkamp	30
2	Lenin Steenkamp	100	2	Jimmy Glenn	35	2	Stoian Mladenov	22
3	Jimmy Glenn	90		Lenin Steenkamp	35	3	Tommy Tanner	21
4	Yari Allnutt	73	4	Yari Allnutt	31	4	Jimmy Glenn	20
5	Darren Tilley	64	5	Darren Tilley	. 26	5	Kirk Wilson	18
6	Kirk Wilson	62	6	Kirk Wilson	22	6	Doug Miller	16
7	Stoian Mladenov	52	7	Nate Daligcon	16	7	Mike Kirmse	12
8	Tommy Tanner	43	8	Stoian Mladenov	5	1	Martin Nash	12
9	Nate Daligcon	41	9	John Ball	13	1	Scott Schweitzer	12
10	John Ball	33	10	Tommy Tanner	1		Darren Tilley	12
					100		The state of the s	

1960 r						1 VANDE	COALKEEDED	CHESCAL PRINTED CONTENTS AND
RANK	SHOTS		RANK	FOULS		RANK	GOALKEEPER WINS	
1	Lenin Steenkamp	381	11	Lenin Steenkamp	284	1	Billy Andracki	55
2	Doug Miller	328	2	Kirk Wilson	256	2	Pat Onstad	52
3	Kirk Wilson	188	3	Bill Sedgewick	235		Scott Vallow	52
4	Yari Allnutt	181	4	Tommy Tanner	188	4	Theo Zagar	12
5	Jimmy Glenn	173	5	Scott Schweitzer	186	5	Soren Johnson	4
6	Stoian Mladenov	147	6	Craig Demmin	167	6	Dusty Hudock	2
7	Bill Sedgewick	121	7	Yari Allnutt	140	7	Josh Freeman	1
8	Darren Tilley	118		Fuseini Dauda	140			
. 9	Martin Nash	101	9	Stoian Mladenov	126			
10	Tommy Tanner	86	10.	Doug Miller	123		43)	
, 1	1				100		124 15	



RANK	GOALS AGAINST AVERAGE*		RANK	GOALKEEPER TIES		RANK	GOALKEEPER SAVES	
1	Pat Onstad	0.63	1	Scott Vallow	19	N	Billy Andracki	420
2	Theo Zagar	0.85	2	Billy Andracki	8	2	Scott Vallow	353
3	Scott Vallow	0.88	3	Pat Onstad	3	3	Pat Onstad	212
4	Billy Andracki	0.98		Soren Johnson	3	4	Theo Zagar	68
5	Dusty Hudock	1.33	5	Theo Zagar		5	Soren Johnson 🦠 🧆	56 ,
6	Soren Johnson	1.34	6	Dusty Hudock	1	6	Dusty Hudock	9
						7	Rett Thompson	5
						8	Kevin Rueda	3
							A STATE OF S	

ANK	GOALKEEPER SHUTOUTS	
1	Scott Vallow	38
2	Pat Onstad	36
· 3	Billy Andracki	29
4	Theo Zagar	9
5	Soren Johnson	3
6	Dusty Hudock/ Other	1**

<sup>\*-</sup> Totals based on a minimum of 1,000 minutes played \*\*- Pat Onstad and Scott Vallow shared a shutout July 26, 2002 Totals through 2006 regular season





### cardio cycling steam room squash courts raquetball courts paramount machines indoor track basket ba personal training juice bar, salon. massages



400 Andrews Street

546-1000

## Watch the United Soccer Leagues exclusively on Fox Soccer Channel



Featuring top international and national soccer leagues!

























foxsoccer.com on msn

67 Fox Soccet Channel LLC \* I wenterth Century Fox All hobits reserved < 2007



WORLD GYM

STRENGTH TRAINING FACILITY OF THE ROCHESTER









WORLD GYM ROCHESTER: IT'S MORE THAN JUST AN EXPERIENCE, IT'S A FEELING

www.worldgymrochester.com | 1717 East Ave. | Rochester, NY | 585.271.0440

#### Rhinestones





Back row (Left to Right): Middle Row (Left to Right): Front Row (Left to Right):

Directed by Melissa Kula Assisted by Molly Hildebrandt Taylor, Martha, Melissa, Molly, Krysten, Jillian Kelly, Sadie, Rachel, Nikki, Sara Nikki M., Jill, Ashley, Cassie





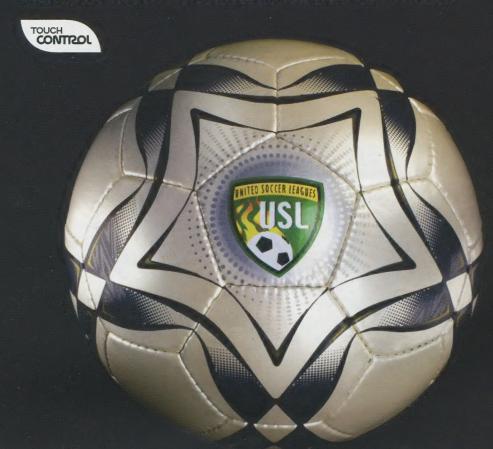


### SOCCER BY UMBRO

umbro.com

### **USL PRO BALL:**

THE AERODYNAMIC USL PRO BALL WITH ANODISED FINISH GIVES OPTIMUM FLIGHT CONTROL AND PERFORMANCE. A TOUCH CONTROL BALL CONSTRUCTION EXCLUSIVELY DEVELOPED FOR UMBRO WITH JAPANESE MICROFIBRE. A BALANCED LINING SYSTEM FOR INCREASED POWER AND SPEED. OFFICIAL USL MATCH BALL 2007/8 SEASON.

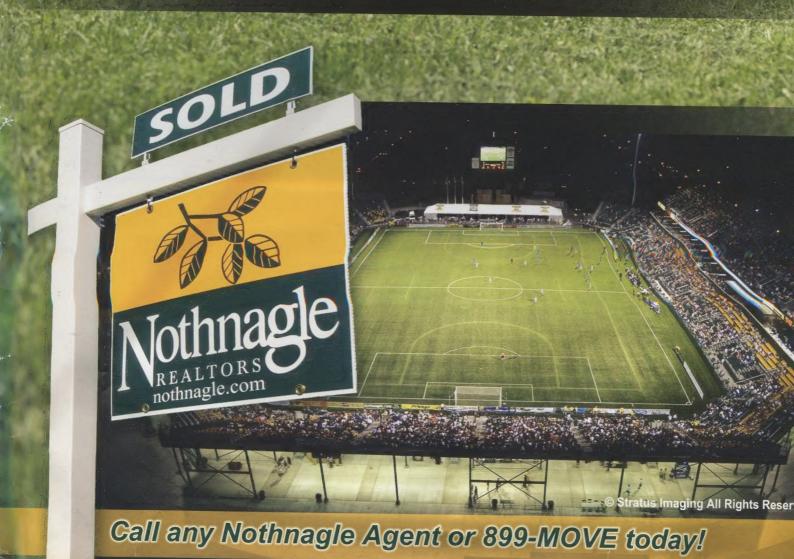


## AT NOTHNAGLE REALTORS... ALL FANS GET THE HOMETOWN ADVANTAGE!

Sell Your Home Fast...
Find Your Dream Home Now.

Nothnagle.com

Best Agents • Best Website





#### **Ending Hunger**

#### Building Self-Sufficiency

#### Fostering Wellness







Join Us.

... and its Root Causes

#### Fighting Hunger...

Foodlink is the regional food bank, rescuing and redistributing over 7.5 million pounds of food each year to more than 550 human service agencies in the ten county area. Foodlink also addresses the root causes of hunger through nutritional wellness and economic development programs.

#### What is the Face of Hunger?

- 38% of those served by Foodlink's network are children
- 5% are elderly on a fixed income
- 34% are working families with at least one employed adult





Help as often as you can.

To Volunteer, Donate, or Learn More, visit:

www.foodlinkny.org

Or contact us:

Foodlink 936 Exchange Street Rochester, NY 14608 (585) 328-3380 info@foodlinkny.org

a member of **America's** Second Harvest **Food Bank Network Ending Hunger.** 



designation #0231

Our Child Nutrition Program serves 1,500 hot, nutritious meals each day to low-income children at Kids Cafe after-school programs.



Our Farmers Fulfillment Center uses the excess capacity of our infrastructure to bring fresh, local farm product to market.